



THE SEVEN HEALTH BENEFITS OF GOLF

“WHY GOLF IS GOOD FOR THE BODY AND MIND”

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As all Golfers know, a game of Golf is both mentally stimulating and physically challenging. Golf may not be considered a physically demanding sport, but one round will likely mean that you are outside and moving around for several hours at a time and constantly engaging your brain for the many mental challenges that you face to get the *shot*. After eighteen holes on the course I sat down with my buddies to discuss the health benefits that they had experienced from playing at least once a week for the last several years.

SEVEN HEALTH BENEFITS OF GOLF

HEART HEALTH... Any form of physical exercise helps get the blood pumping to your heart. Walking from Tee to Green while swinging the proper clubs increases your heart rate and blood flow. Your risk of a stroke and diabetes are reduced and there can be positive effects on reducing blood pressure and harmful cholesterol.

BRAIN STIMULATION... Keeping physically active is a great way to keep your heart and brain healthy. By keeping active you make sure that your brain has a good strong blood supply, which is essential in keeping your brain functioning properly.

WEIGHT LOSS... The golden number of steps per day needed for healthy weight loss is 10,000. An eighteen-hole round of Golf easily exceeds this recommended number, especially when you walk the course and don't use a Golf Cart.

REDUCED STRESS... The pleasure of being outdoors in the fresh air exercising, socializing along with the added mental challenges, suggests that a round of Golf releases endorphins, the natural mood-enhancing chemical in your brain which makes all of us happy and relaxed.

IMPROVED SLEEP... Both exercise and fresh air are a powerful combination for improved sleep, which in turn helps our muscles rest and repair.

LOW INJURY... Golf is a low impact activity in the sense that a Golfer walks on soft, gentle rolling surfaces with outstanding views to take in, at a relaxed pace of play.

LIVE LONGER... Many published articles support that Golfers have a lower death rate, which corresponds to an increase in life expectancy.

The health benefits of Golf are far greater than most of us believe and may have more of an impact on our well-being than most of us realize. Considering how well a good Golf facility can appeal to people of all age groups, Golf is becoming an exciting and wonderful way to encourage EXERCISE.