



Not only is golf a fun and social activity, it is good for your health too. Golf burns more calories than you might think. We have rounded up some fun facts about your next rounds health benefits...

- ❖ According to Golf Canada the average round takes 227 minutes and the players walk a minimum of 9000 metres.
- ❖ The amount of calories varies by distance walked and also the metabolic rate of the golfer. But fitness experts estimate you'll burn roughly 1,500 calories during a four-hour round.
- ❖ According to Golf Digest it is only slightly more beneficial to carry your clubs vs. walking with a pushcart. So if you're worried about your back, you don't have to sling your clubs to get a good workout.
- ❖ Golf is a great way to meet new people and being social is healthy.
- ❖ You don't have to be Tiger Woods to benefit from some simple visualization techniques. By imagining your swing, putt, or overall form, you're exercising your right brain, which is responsible for creativity. Plus, visualization can have a positive effect on the end results of your game.
- ❖ Golf is often referred to as a game that requires excellent coordination. Whether it's hand eye, repeated precision strokes, or balance as you complete your swing, all of these practices exercise your cerebellum – one of the areas of your brain responsible for coordination.
- ❖ Golf's unique combination of outdoor exercise and social interaction can help you live a longer, healthier life. According to a study from the Karolinska Institute in Sweden, playing golf can increase your life expectancy by up to five years.
- ❖ Regular walking, such as the four hours it typically takes to play a round of golf, helps ward off dementia.

So next time you are trying to convince a non-golfer to give it a try tell them how GOOD a round of golf can be!

Read Golf Canada's Golf Nutrition Program – Eating Right to Win

Read GolfSmith's Article to Calculate How Many Calories You Burn Playing Golf