



GOLF, IT'S GOOD FOR YOU

Whether you're looking to get outdoors, increase your mental wellness, or spend more time with friends, golf can provide the physical, social and mental benefits to significantly improve your quality of life.



DID YOU KNOW?

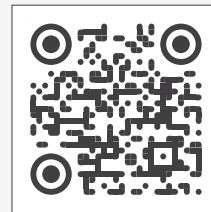
“Golf can provide health-enhancing physical activity. Physical activity provides a wealth of health benefits, such as decreasing risk of heart attack, strokes, type 2 diabetes, and bowel and breast cancers. It can also be an effective treatment for anxiety, depression and dementia.”

ANDREW MURRAY, CO-DIRECTOR OF EDINBURGH UNIVERSITY'S SPORT AND EXERCISE MEDICINE RESEARCH GROUP

There are over 2,100 golf courses in Canada, making it a great opportunity to explore the great outdoors while participating in some friendly competition.



SO, WHAT ARE YOU WAITING FOR?
**GET GOLFING TODAY FOR A LONGER,
HEALTHIER AND HAPPIER LIFE.**



Learn more at health.golfcanada.ca
or follow us on our social channels



Download Golf Canada's app



SOURCES

www.randa.org/articles/r-a-golf-and-health-report-published
www.golfandhealth.org
www.golfandhealth.org/social-wellbeing/

THE MANY HEALTH BENEFITS OF GOLF



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PHYSICAL BENEFITS

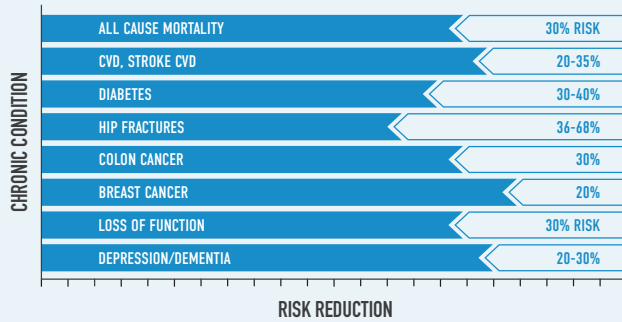
“Research has shown that golfers live up to five years longer than people who don’t play golf. What is more important than being healthy? I think we should take time for golf.”

ANNIKA SÖRENSTAM, 10-TIME MAJOR CHAMPION



GOLF CAN HELP PREVENT OVER 40 DIFFERENT CHRONIC ILLNESSES.

This includes diabetes, strokes, breast and colon cancer, heart attacks, dementia and depression.



GOLF IS AN EASY WAY TO GET YOUR 10,000 STEPS IN.



THE AVERAGE GOLFER BURNS 2,000 CALORIES PLAYING 18 HOLES.



IT’S A SPORT THAT CAN BE PLAYED FROM 4 TO 104 YEARS OF AGE.



72% OF GOLFGERS CONSIDER THEMSELVES IN GOOD HEALTH.

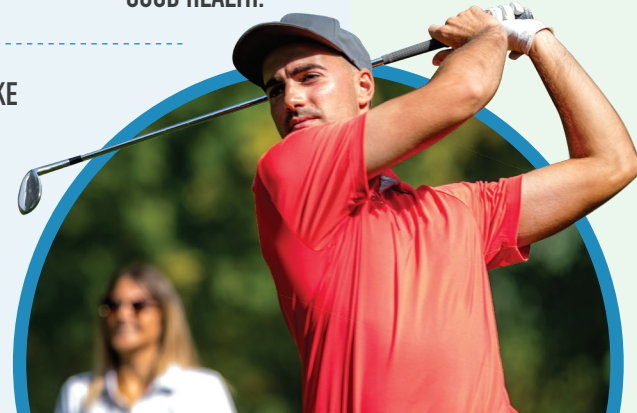
WALKING THE COURSE CAN MAKE A BIG DIFFERENCE!

18 HOLES GOLF CART

6K steps
6 km
600Kcal

18 HOLES WALKING

11-17K steps
6-13 km
1200Kcal



MENTAL BENEFITS



THE SOCIAL INTERACTION FROM GOLF REDUCES THE RISK OF ANXIETY AND DEPRESSION.



GOLFING CAN REDUCE YOUR RISK OF DEMENTIA BY 37%.



GOLF HAS BEEN PROVEN TO INCREASE YOUR MOOD.



PLAYING A ROUND CAN ALSO HELP PROMOTE FOCUS AND CONCENTRATION.



“Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening – and it is without a doubt the greatest game mankind has ever invented.”

ARNOLD PALMER



GOLF HELPS YOU GET IN TOUCH WITH NATURE.



80% OF GOLFGERS ARE HAPPIER WITH THEIR SOCIAL LIVES THAN NON-GOLFGERS.

SOCIAL BENEFITS

“Golf has many benefits for heart health. It provides a good amount of outdoor exercise without overly stressing the heart and with golf, where you do not have to push beyond your capacity. It’s a leisure activity that you can enjoy playing with an in game or life partner!”

DR. SHI-JOON YOO, A PAEDIATRIC CARDIAC RADIOLOGIST AT SICKKIDS



GOLF INCREASES OUR SOCIAL WELL-BEING.



FUN FOR THE WHOLE FAMILY.



A MID-WEEK ENERGY BOOST!



GOLF IS A SPORT FOR EVERYONE. NO MATTER YOUR BACKGROUND OR ABILITY, THERE IS A PLACE FOR YOU.

