



GOLF, IT'S GOOD FOR YOU



EXPLORE THE MANY HEALTH BENEFITS OF GOLF:



PHYSICAL BENEFITS



HELPS IMPROVE STRENGTH AND BALANCE.



CAN ADD 5 YEARS TO YOUR LIFE.

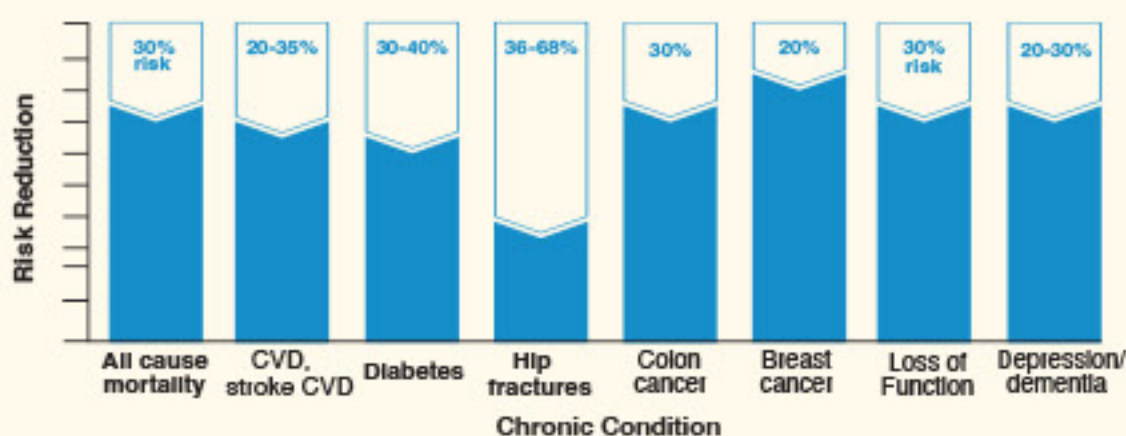


BURN UP TO 2,000 CALORIES PLAYING 18 HOLES.



GET UP TO 10,000 STEPS.

REDUCES RISK OF CHRONIC CONDITIONS INCLUDING:



PREVENTS OVER **40** CHRONIC ILLNESSES.

MENTAL BENEFITS



REDUCE RISK OF DEMENTIA BY **37%**



OUTDOOR ACTIVITIES MINIMIZE STRESS LEVELS AND INDUCE CALM.



HELP PROMOTE FOCUS AND CONCENTRATION.



REDUCES THE RISK OF ANXIETY AND DEPRESSION THROUGH SOCIAL INTERACTION.



PROVEN TO ENHANCE YOUR MOOD.

SOCIAL BENEFITS



BRING EXCITEMENT TO A DAILY ROUTINE.



INCREASES SOCIAL WELL-BEING AND CAN BE PLAYED FROM AGE 4 TO 104.



A SPORT FOR EVERYONE OF ALL ABILITIES.



MEET NEW PEOPLE.

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



SO, WHAT ARE YOU WAITING FOR? GET GOLFING TODAY FOR A LONGER, HEALTHIER AND HAPPIER LIFE. LEARN MORE AT [HTTPS://HEALTH.GOLFCANADA.CA/](https://health.golfcanda.ca/) OR FOLLOW US @THEGOLFCANADA

SOURCES

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