



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.

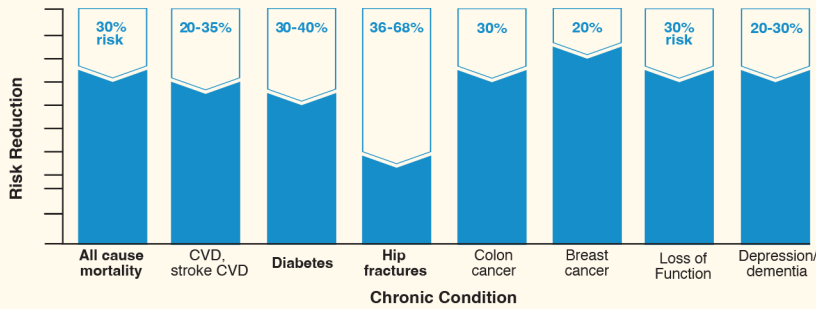


BURN UP TO 2,000 CALORIES PLAYING 18 HOLES.



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%



HELP PROMOTE FOCUS AND CONCENTRATION.



REDUCES THE RISK OF ANXIETY AND DEPRESSION THROUGH SOCIAL INTERACTION.



OUTDOOR ACTIVITIES MINIMIZE STRESS LEVELS AND INDUCE CALM.

PROVEN TO ENHANCE YOUR MOOD.

SOCIAL BENEFITS



BRING EXCITEMENT TO A DAILY ROUTINE.



MEET NEW PEOPLE.



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



A SPORT FOR EVERYONE OF ALL ABILITIES.



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.GOLFCANDA.CA/](https://health.golfcanda.ca/) OR FOLLOW US @THEGOLFCANADA

SOURCES
www.randa.org/articles/r-a-golf-and-health-report-published
www.golfandhealth.org/social-wellbeing/
www.golfandhealth.org/news/the-key-health-benefits-of-golf/

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