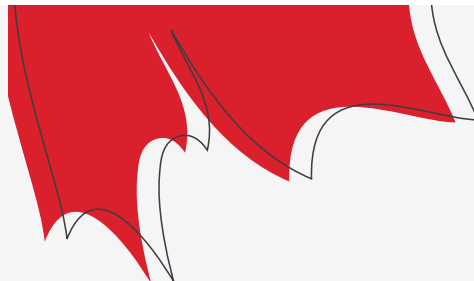




## GOLF, IT'S GOOD FOR YOU

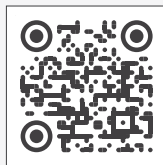
Whether you're looking to get outdoors, increase your mental wellness, or spend more time with friends, golf can provide the physical, social and mental benefits to significantly improve your quality of life.



SO, WHAT ARE YOU WAITING FOR?

## GET GOLFING TODAY FOR A LONGER, HEALTHIER AND HAPPIER LIFE.

Learn more at [health.golfcanada.ca](http://health.golfcanada.ca)  
or follow us on our social channels



### SOURCES

[www.randa.org/articles/r-a-golf-and-health-report-published](http://www.randa.org/articles/r-a-golf-and-health-report-published), [www.golfandhealth.org](http://www.golfandhealth.org), [www.golfandhealth.org/social-wellbeing/](http://www.golfandhealth.org/social-wellbeing/)



# THE MANY HEALTH BENEFITS OF GOLF

GOOD TIMES

GOOD HEALTH

GOLF, IT'S GOOD FOR YOU

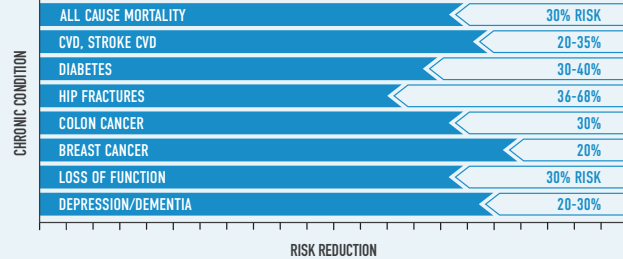


## PHYSICAL BENEFITS



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**.



## MENTAL BENEFITS



GOLFING CAN REDUCE YOUR RISK OF **DEMENTIA BY 37%**.



PLAYING A ROUND CAN ALSO HELP PROMOTE **FOCUS AND CONCENTRATION**.



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



GOLF HAS BEEN PROVEN TO **INCREASE YOUR MOOD**.



GOLF HELPS YOU GET IN TOUCH WITH **NATURE**.



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



## SOCIAL BENEFITS



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



GOLF INCREASES OUR **SOCIAL WELL-BEING**.

"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



A GREAT WAY TO **BOND** WITH NEW AND OLD FRIENDS.



A **MID-WEEK ENERGY BOOST!**

