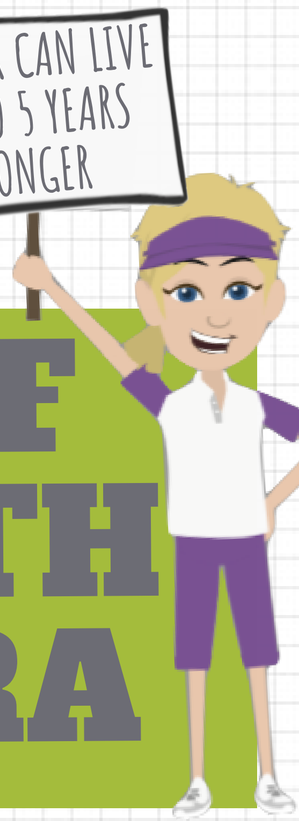
infographic created by: Dr Danny Glover
& DrAndrew Murray 2020

"FORE"



REASONS WHY GOLF CAN SUPPORT HEALTH DURING COVID-19 ERA

FROM AGE 4 TO 104 GOLF CAN PROVIDE HEATH ENHANCING BENEFITS

1. PHYSICAL



- PHYSICAL ACTIVITY SUCH AS GOLF REDUCES THE RISK OF A WHOLE HOST OF MAJOR KILLERS – HEART DISEASE, DIABETES, CANCER, AND MORE!
- GOLF IS KNOWN TO IMPROVE RISK FACTORS FOR DISEASES, INCLUDING BLOOD-GLUCOSE LEVELS, CHOLESTEROL, AND BODY COMPOSITION
- GOLF CAN BE PLAYED AT YOUR OWN PACE, AND SO IS A GREAT WAY TO RECOVER AFTER ILLNESS

2. MENTAL

- GOLF IS A MODERATELY INTENSE PHYSICAL ACTIVITY AND IS LIKELY TO PREVENT THE ONSET OF COGNITIVE DECLINE.



- PHYSICAL ACTIVITY (SUCH AS GOLF) IS KNOWN TO BE EFFECTIVE IN TREATING MILD-MODERATE DEPRESSION

3. WELL BEING

- GOLF PROVIDES AN OPPORTUNITY TO INTERACT AND CONNECT WITH PEOPLE OF ALL AGES
- THE SOCIAL ELEMENT OF GOLF IS WELL-RENOWNED – PROVIDING INDIVIDUALS WITH AN OPPORTUNITY TO SPEND TIME WITH FRIENDS IN GREAT SURROUNDINGS.



- PLAYING GOLF REGULARLY CAN HELP REDUCE ANXIETY, IMPROVE CONFIDENCE AND BOOST SELF ESTEEM, ALL OF WHICH CONTRIBUTES TO IMPROVE MENTAL WELL-BEING

4. OPEN SPACE

- GOLF IS PLAYED IN SOME OF THE MOST BEAUTIFUL OPEN SPACES, BEING OUT SIDE IN OPEN SPACE HAS BEEN SHOWN TO BE GREAT FOR BOTH PHYSICAL AND MENTAL HEALTH
  - IT IS LIKELY THAT SOCIAL DISTANCING WILL BE IN PLACE FOR SOME TIME
  - OUTDOOR SPORTS/ACTIVITIES SUCH AS GOLF WHICH CAN BE PLAYED WHILST MAINTAINING SOCIAL DISTANCING ARE HIGHLY LIKELY TO BE RE-OPENED FIRST



DURING COVID-19 MODIFICATIONS TO PERMIT SOCIAL DISTANCING AND ENHANCE HYGIENE WILL BE NEEDED- PLEASE PLAY BY THE RULES

For more info
www.golfandhealth.org

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