

PLAYING GOLF CAN MAKE YOU HEALTHIER & HAPPIER

TOP TIPS TO MAXIMISE THESE BENEFITS

PLAY REGULARLY

Aim to play golf or other physical activities at least 150 minutes per week, helping you meet global exercise guidelines.



WALK THE COURSE

Walk the course, as opposed to riding a golf cart, if able.



WARM UP

Do some aerobic exercise, stretching / mobility exercises, then practice swings to maximise performance and minimise injury risk.



HELP OTHERS

To feel welcome, and encourage others to play golf or take part in other physical activities.



PROTECT YOUR SKIN

Using sunscreen and appropriate clothing (collared shirt, hat, etc). Avoid excessive exposure to direct sunlight



FIT FOR GOLF

Appropriate strength and conditioning exercises can decrease injury and illness risk, and improve performance.



BE SAFE

Follow appropriate safety, golf cart safety, and lightning safety guidelines.