




The Golf & Health Project, supported by the World Golf Foundation, is working to assess the health and wellbeing benefits of golf, aiming to help drive an increased interest and participation in golf, and to improve the public image of the sport.



Golf and Physical Activity



Aerobic
Moderate intensity for most people



Muscle Strengthening
Research required



Spectating
Research required



Golf can provide moderate intensity physical activity using a golf cart or walking the course



- 3.5 METs
- 6000 steps
- 4 miles
- 600 kcal/18holes

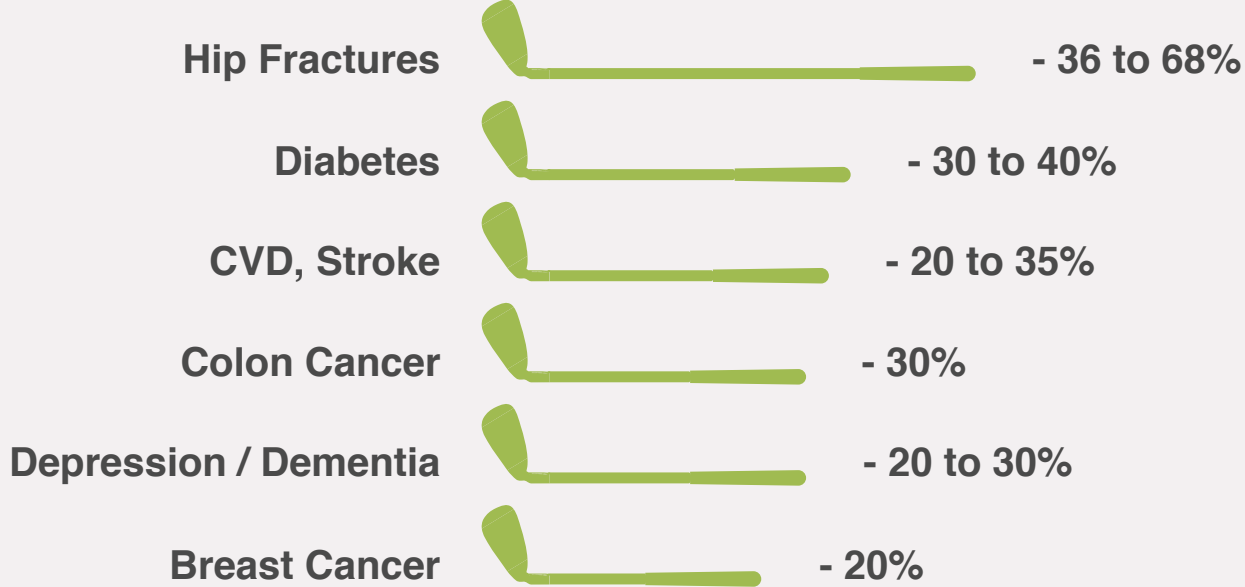


- 4.8 METs
- 11-17000 steps
- 4-8 miles
- 1200 kcal/18holes

MORE health benefits by walking the course



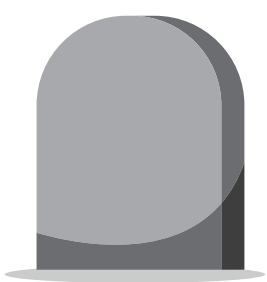
Physical activity is associated with reduced risks of chronic conditions



Golfers Live Longer



VS.




Golfers live longer compared to non-golfers




Golf & Physical Health

Cancer



Regular PA = decreased risk colon / breast cancer

Skin cancer - Wear sunscreen, protective clothing, seek shade



Cardiovascular



Golf can improve known risk factors for CVD

Consult a doctor before playing golf if unstable cardiac symptoms present




Musculoskeletal



Incidence of injury moderate, injury rate per hour low. Back, elbow, and wrist most common

Improved balance and strength in older adults

Respiratory



Regular participation in golf = improved and maintained lung function in older adults



Mental health & Wellness

Golf has wellness benefits

INCREASED



Self Esteem

Self Worth

Self Confidence

Golf and mental health needs more research

KEY

METS - Metabolic equivalent [unit of measure of heat production by the body.]
KCAL - Calorie unit of measurement

CVD - Cardiovascular Disease
PA - Physical Activity



Murray, AD., Daines L., Archibald, D., Schiphorst, C., Hawkes, R., Kelly, P., Grant, L., Mutrie, N. British Journal of Sports Medicine 2016

www.golfandhealth.org

