



21 January 2025

Attention: GolfRSA Members  
GolfRSA Clubs  
GolfRSA Unions  
GolfRSA Executives

## RE: GOLF & HEALTH – JANUARY – GOLF IS GOOD SAY DOCTORS!

The GolfRSA campaign exploring the benefits of golf continues in the month of January with the theme **Golf is Good Say Doctors**.

### **Golf is Good Say Doctors:**

Gavin Groves, a biokineticist and the fitness consultant for GolfRSA National Squad, has been writing for The Golf Mag around the benefits of golf and how to improve your game from a physical perspective. Find his articles listed below:

- The Gist: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_2/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_2/mind_body)
- The Swing Sequence: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_4/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_4/mind_body)
- With Ease: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_6/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_6/mind_body)
- In Sync: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_8/mind\\_body\\_81315](https://tgm.thegolfmag.co.za/the_golf_mag_vol_8/mind_body_81315)
- Walk the Beat: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_10/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_10/mind_body)
- Strength in Numbers: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_12/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_12/mind_body)
- Get the Power: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_14/mind\\_body\\_02312](https://tgm.thegolfmag.co.za/the_golf_mag_vol_14/mind_body_02312)
- Building a Foundation: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_16/mind\\_body\\_02312](https://tgm.thegolfmag.co.za/the_golf_mag_vol_16/mind_body_02312)

Join us on social media or visit our website [www.golfrsa.com/golf-and-health/](http://www.golfrsa.com/golf-and-health/) and share how **Golf is Good for You**. We also encourage all members to play more golf, improve your health and celebrate your **#HealthyHabit for January** with the professional's advice!

We look forward to seeing more rounds of golf played in January and 2025 as we encourage everyone to improve their health with the game of golf!

Yours sincerely,

A handwritten signature in black ink that reads "Grant Hepburn".

Grant Hepburn  
CEO GolfRSA

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