



10 June 2024

Attention:    GolfRSA Members  
                  GolfRSA Clubs  
                  GolfRSA Unions  
                  GolfRSA Executives

**RE: GOLF & HEALTH – JUNE – GOLF IS GOOD FOR YOUR MIND!**

The GolfRSA campaign exploring the benefits of golf continues in the month of June with the theme **Golf is Good for Your Mind**.

A National Institute of Health study found golf enhances and sharpens focus and attention, as well as increases blood flow to the brain. It also increases stimulation of the brain in the area responsible for coordination.

A good night's rest is one of the key factors to physical and mental health and well-being. After a day on the golf course, your body is ready for a well-deserved rest. Research shows moderate aerobic exercise increases the amount of deep sleep a person gets. Exercise also helps stabilise your mood and decompress the mind, which is a process important for naturally transitioning into sleep.

(<https://aviv-clinics.com/blog/brain-health/12-reasons-golf-performance-brain-health/> )

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 Your Mind** and encourage all to make it their **#HealthyHabit for June!**

We look forward to seeing more rounds of golf played in June and beyond as we all aim to improve our mental health and sleep with the game of golf!

Yours sincerely,

A handwritten signature in black ink, appearing to read "Grant Hepburn".

Grant Hepburn  
CEO GolfRSA

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