



21 January 2025

Attention: GolfRSA Members  
GolfRSA Clubs  
GolfRSA Unions  
GolfRSA Executives

**RE: GOLF & HEALTH – DECEMBER – GOLF IS GOOD SAY PSYCHOLOGISTS!**

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

**Golf is Good Say Psychologists:**

Dr Kirsten van Heerden, a former South African swimmer and qualified PhD sport psychologist, has been writing for The Golf Mag regarding the mental side of golf. Find her articles here:

- Keeping Strong During Struggle:  
[https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_1/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_1/mind_body)
- Mental Rehearsal: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_3/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_3/mind_body)
- Weathering the Storm: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_5/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_5/mind_body)
- How to Handle Pressure Like a Pro:  
[https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_7/mind\\_body\\_81315](https://tgm.thegolfmag.co.za/the_golf_mag_vol_7/mind_body_81315)
- Don't Panic: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_9/mind\\_body\\_48391](https://tgm.thegolfmag.co.za/the_golf_mag_vol_9/mind_body_48391)
- Dive In: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_11/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_11/mind_body)
- The Game That Gives Back:  
[https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_13/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_13/mind_body)
- Embracing the Pursuit:  
[https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_15/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_15/mind_body)

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 wellbeing and celebrate your **#HealthyHabit for December** with the professional's advice!

We look forward to seeing more rounds of golf played in December as we encourage everyone to improve their mind with the game of golf!

Yours sincerely,

Grant Hepburn  
CEO GolfRSA

**PHYSICAL** Unit 8 • Ferndale Mews North • 355 Oak Avenue • Ferndale • 2194  
**PHYSICAL** The Momentum Golf Village • De Beers Avenue • Somerset West • 7130  
L +27 11 781 3718 • C +27 82 374 3456 • E [admin@golfrsa.co.za](mailto:admin@golfrsa.co.za) • W [www.golfrsa.com](http://www.golfrsa.com)

**CHAIRMAN** J.P. Rupert **DIRECTORS** M. Gondwe • D. Hayes • K. Walker • S. Eagle • K. Moloko (Ms) • D Nel • S. Andrew (Ms) • P van Schalkwyk • M. Ngoasheng • P. Verwey • **CEO** G. Hepburn  
**NON-PROFIT COMPANY – REG NO 2016/185236/08 • NPO NO 296-875**