



08 April 2024

Attention: GolfRSA Members
 GolfRSA Clubs
 GolfRSA Unions
 GolfRSA Executives

RE: GOLF & HEALTH – APRIL – GOLF IS GOOD FOR FITNESS!

The GolfRSA campaign exploring the benefits of golf continues in the month of April with the theme **Golf is Good for Fitness**.

According to the Better Health Channel, you will walk between 5-7km over 18 holes. If you walk this three to five times a week, you'll get the optimal amount of endurance exercise required. If you pull or carry your clubs, you will burn even more calories each round! (<https://www.betterhealth.vic.gov.au/health/healthyliving/golf-health-benefits>)

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Fitness** and encourage all to make it their **#HealthyHabit for April!** We look forward to seeing those calories burn in April and beyond as we all aim to improve our fitness 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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