



07 March 2024

Attention: GolfRSA Members
 GolfRSA Clubs
 GolfRSA Unions
 GolfRSA Executives

RE: GOLF & HEALTH – MARCH – GOLF IS GOOD FOR CO-ORDINATION!

The GolfRSA campaign exploring the benefits of golf continues in the month of March with the theme **Golf is Good for Co-ordination**.

Golf can be a challenge because the ball is small and the ground gets in the way. But the practice of hitting a ball with a golf club is excellent for developing coordination. One has to turn the body, swing the arms, shift your weight with your legs, and make contact with the ball - all at the same time. As that movement becomes more and more familiar, your co-ordination improves. It won't be long before you can move in balance and send the ball sailing away.

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Co-ordination** and encourage all to make it their **#HealthyHabit for March!** We hope to see more people practicing their golf swing and improving their coordination.

GolfRSA unions, clubs and members are encouraged to join us on this journey, sharing our social media posts, placing the accompanying poster on your notice boards and sharing each benefit with your members, friends and families.

For more tips in improving your co-ordination, look out for the March edition of The GolfMag.

Yours sincerely,

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

Grant Hepburn
CEO GolfRSA