



07 May 2024

Attention: GolfRSA Members
 GolfRSA Clubs
 GolfRSA Unions
 GolfRSA Executives

RE: GOLF & HEALTH – MAY – GOLF IS GOOD FOR YOUR HEART!

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

According to the Harvard Medical School, walking an 18-hole golf course on foot (pulling golf clubs) seemed to have slightly better effects on a person's blood sugar and cholesterol in the short term versus a one-hour brisk walk or one hour of Nordic walking (walking in snow with poles) in a small, randomised study. The scientists reasoned it was because of the game's long duration and the extra energy required to drag the clubs around the course. They stated that golf burned twice as many calories as the other walking activities (<https://www.health.harvard.edu/heart-health/appreciating-golfs-cardiovascular-perks>).

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Your Heart** and encourage all to make it their **#HealthyHabit for May!** Also look out for the May edition of The GolfMag for more info on how golf can help your cardiovascular fitness.

We look forward to seeing more calories burnt in May and beyond as we all aim to improve our cardiovascular health with the game of golf!

Yours sincerely,

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

Grant Hepburn
CEO GolfRSA