



GOLF AND HEALTH



Golf and Physical Activity



Aerobic
Moderate intensity for most people




Muscle strengthening
More research required




Spectating
Research required



Golf can provide moderate intensity physical activity using a golf cart or walking the course



→



MORE health benefits by walking the course

<ul style="list-style-type: none"> - 3.5 METs - 6000 steps - 4 miles - 600kcal/18 holes 	<ul style="list-style-type: none"> - 4.8 METs - 11000-17000 steps - 4-8 miles - 1200 kcal/18 holes
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Physical activity is associated with reduced risks of chronic conditions

HIP FRACTURES	-36 TO 68%
DIABETES	-30 TO 40%
CVD, STROKE	-20 TO 35%
COLON CANCER	-30%
DEPRESSION/DEMENTIA	-20 TO 30%
BREAST CANCER	-20%



Golfers live longer



Golfers live longer compared to non-golfers



Golf and Physical Health

Cancer



Regular PA → ↓ risk colon/ breast cancer

! Skin cancer → wear sunscreen, protective clothing, seek shade

Cardiovascular



Golf can improve known risk factors for CVD

Consult a doctor before playing golf if unstable cardiac symptoms present

Musculoskeletal



Incidence of injury moderate, injury rate per hour low. Back, elbow and wrist most common.

Improved balance and strength in older adults

Respiratory



Regular participation in golf → improved and maintained lung function in older adults



Mental Health and Wellness



Golf has wellness benefits



self esteem
self worth
self efficacy



Golf and mental health needs more research.

