



07 February 2024

Attention: GolfRSA Members
GolfRSA Clubs
GolfRSA Unions
GolfRSA Executives

RE: GOLF & HEALTH – FEBRUARY – GOLF IS GOOD FOR BALANCE!

GolfRSA has partnered with The R&A for a year-long journey exploring the benefits of golf, with a highlighted theme each month.

Our campaign launches in the month of February with the theme **Golf is Good for Balance**.

We would love the GolfRSA unions, clubs and members 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.

We do believe the more we all promote the benefits of golf, the more we can encourage people to choose this sport as their **#HealthyHabit** for life. This can only be a win-win-win-win situation for all involved.

Just one example of evidence supporting these benefits comes from an international study backed by The R&A and carried out by the University of Southampton and the University of South California, which found the following:

- ***“Participants in the golf training programme improved their muscular strength, power, endurance, **balance**, flexibility and walking performance;***
- ***“Golfers under the age of 80 had **better strength and balance** than sedentary non-golfers of similar ages;***
- ***“Golfers had **better dynamic balance and static balance** than non-golfers;***
- ***“Strength of limb muscles and **balance were better in golfers than non-golfers**, eg indicative through gripping and swinging a club, walking, squatting;***
- ***“The golf training programme was feasible and effective; novice golfers were able to play 9 holes of golf by the 10th week and completed 282 of 300 (94%) total training sessions;***
- ***“The physical demands recorded during a golf round were equivalent or greater than the demands for other common activities, eg gym work or yoga;***
- ***“Participants benefited from green space, social interaction and walking over hilly terrain;***

PHYSICAL Unit 8 • Ferndale Mews North • 355 Oak Avenue • Ferndale • 2194; **POSTAL** P.O. Box 65303 • Benmore • 2010
PHYSICAL The Momentum Golf Village • De Beers Avenue • Somerset West • 7130; **POSTAL** P.O. Box 2285 • Somerset West • 7129
L +27 11 781 3718 • C +27 82 374 3456 • E admin@golfrsa.co.za • W www.golfrsa.co.za

CHAIRMAN J.P. Rupert **DIRECTORS** M. Gondwe • D. Hayes • K. Walker • S. Eagle • K. Moloko (Ms) • H. Smith • S. Andrew • D. Nel • M. Ngoasheng • P. Verwey
CEO G. Hepburn

NON-PROFIT COMPANY – REG NO 2016/185236/08

- *“The programme was safe; there were no golf-related injuries or adverse events.”*

To read more on this study visit: <https://www.golfandhealth.org/news/new-evidence-indicates-golf-improves-muscle-strength-and-balance/>

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Balance** and encourage all to make it their **#HealthyHabit for February!**

Yours sincerely,

A handwritten signature in black ink, appearing to read "Grant Hepburn". The signature is written in a cursive, flowing style.

Grant Hepburn
CEO GolfRSA