



3 July 2024

Attention: GolfRSA Members  
GolfRSA Clubs  
GolfRSA Unions  
GolfRSA Executives

**RE: GOLF & HEALTH – JULY – GOLF IS GOOD FOR YOUR MOOD!**

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

Exercising outdoors has been proven to boost your mood, whilst stimulating your mind, which helps relieve anxiety and depression.

“Whether you plan on walking nine or 18 holes, or ride in a cart, just being outside in the fresh air and under the sunshine does a lot to your overall mood. So don’t take that for granted, even if you’re slicing the ball all over the course.”

[\(https://golf.com/instruction/mental-benefits-of-playing-golf/\)](https://golf.com/instruction/mental-benefits-of-playing-golf/)

Join us on social media or visit our website [www.golfrsa.com/golf-and-health/](http://www.golfrsa.com/golf-and-health/) and share how **Golf is Good for Your Mood** and encourage all to make it their **#HealthyHabit for July!**

We look forward to seeing more rounds of golf played in July and beyond as we all aim to improve our mood with the game of golf!

Yours sincerely,

A handwritten signature in black ink that reads "Grant Hepburn". The signature is written in a cursive, flowing style.

Grant Hepburn  
CEO GolfRSA