

9 September 2024

Attention: GolfRSA Members  
GolfRSA Clubs  
GolfRSA Unions  
GolfRSA Executives

## RE: GOLF & HEALTH – SEPTEMBER – GOLF IS GOOD FOR STRENGTH!

The GolfRSA campaign exploring the benefits of golf continues in the month of September with the theme **Golf is Good for Strength**.

*“Cardio isn't the only type of exercise needed for health and well-being. It is recommended that all adults complete at least two to three strength-building exercise sessions per week. When you swing a golf club, you don't just use your arms and shoulders. You also engage the muscles in your back and core and rely on your legs. This means you get a tiny full-body workout with every swing.*

*“Many people ask, ‘Is hitting golf balls good exercise?’ From a strength-training perspective, the answer is yes. Going to the driving range and hitting a couple of buckets of balls allows you to work out all your major muscle groups. The only thing missing from exercise at the range is the cardiovascular component. However, strength training carries health benefits on its own. It can:*

- *Make your muscles stronger and less susceptible to injury*
- *Improve your bone density as you age*
- *Increase your coordination and balance*
- *Enhance your mobility*

*“Getting into the habit of playing golf can help you maintain your muscle tone as you age, helping you remain strong and independent for longer.”*

<https://devereuxgolf.com/blogs/live-proper-blog/is-golf-good-exercise>

Check out the September issue of The Golf Mag for more info on how golf is good for strength: [https://tgm.thegolfmag.co.za/the\\_golf\\_mag\\_vol\\_12/mind\\_body](https://tgm.thegolfmag.co.za/the_golf_mag_vol_12/mind_body)

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 Strength**. We also encourage all members to hit the driving range at your club and celebrate your **#HealthyHabit for September** with some extra golf swings!

We look forward to seeing more balls hit in September and beyond as we encourage everyone to improve their health with the game of golf!

Yours sincerely,



Grant Hepburn  
CEO GolfRSA

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