

9 October 2024

Attention: GolfRSA Members
GolfRSA Clubs
GolfRSA Unions
GolfRSA Executives

RE: GOLF & HEALTH – OCTOBER – GOLF IS GOOD FOR STRESS!

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

This might seem like a counter-intuitive statement, but here are the facts of how golf reduces stress:

- 1. It is played outdoors – nature is good for you!** Breathing in fresh air and working outside have proven health benefits as it triggers the parasympathetic nervous system associated with **relaxation**. Fresh air **improves your mood**, thereby improving **creativity** and the ability to **strategise**. It also relieves **depression, anxiety, anger, brain fog and mental fatigue** associated with low levels of vitamin D, which you replenish from your exposure to the sun.
- 2. It is physical activity**, which releases endorphins, enhancing your mood and reducing blood pressure, heart rate, muscle tension and the production of stress hormones.
- 3. It is a change of pace** from our generally fast-paced lives, allowing us to play at a steady pace and enjoy the scenery.

Check out the October issue of The Golf Mag for more info on how golf is good for stress: https://tgm.thegolfmag.co.za/the_golf_mag_vol_13/mind_body

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Stress**. We also encourage all members to play more golf, reduce your stress and celebrate your **#HealthyHabit for October** with some extra fresh air and endorphins!

We look forward to seeing more rounds of golf played in October and beyond as we encourage everyone to improve their health with the game of golf!

Yours sincerely,



Grant Hepburn
CEO GolfRSA