



5 November 2024

Attention: GolfRSA Members
GolfRSA Clubs
GolfRSA Unions
GolfRSA Executives

RE: GOLF & HEALTH – NOVEMBER – GOLF IS GOOD FOR YOUR WELLBEING!

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

Golf is an incredible sport for your wellbeing, as it benefits in so many areas:

1. **Mental health** – it improves your mood, reduces stress and helps you feel better about yourself, which can boost confidence and self-esteem and reduce depression.
2. **Social connections** – it helps you stay in touch with friends, build a sense of community and even expand your business network.
3. **Physical health** – it helps you stay fit and improve your physical health by improving the health of your heart, helping you burn calories and reduce weight, improve your balance, coordination and improve your bone strength.
4. **Digital detox** – it can assist you to disconnect from technology and immerse yourself in the natural world.
5. **Life lessons** – it will teach you valuable lessons, such as discipline, hard work ethic and perseverance.

Check out the November issue of The Golf Mag for more info on how golf helps to improve your wellbeing: https://tgm.thegolfmag.co.za/the_golf_mag_vol_13

Join us on social media or visit our website www.golfrsa.com/golf-and-health/ and share how **Golf is Good for Your Wellbeing**. We also encourage all members to play more golf, improve your wellbeing and celebrate your **#HealthyHabit for November** with numerous benefits!

We look forward to seeing more rounds of golf played in November and beyond as we encourage everyone to improve their health 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