

# Golf and Healthy Living



## FITNESS

The golf swing engages the whole body. Playing golf increases mobility, stability and flexibility. In a round of golf you can walk over 10,000 steps.

## MENTAL HEALTH

Playing golf requires focus and concentration over an extended period. Nature connection (being outside in the natural environment) improves wellbeing.

## SOCIAL ASPECTS

Golf is both an individual and team sport. It can be played in social groups, which contributes to making new friends, strengthens existing relationships and develops a community of interest.

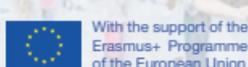
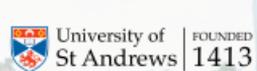
## CHALLENGE

**Golf consists of many challenges:**

- Mental
- Tactical
- Environmental
- Physical

**And hitting the ball:**

- In the air
- Near the ground
- On the ground



With the support of the Erasmus+ Programme of the European Union

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



GoGolf Europe uses innovative coaching methods developed by the PGAs of Europe to help young people to try golf.

Czech Republic  
Estonia  
France  
The Netherlands  
Portugal

It was tested with youth in five European countries, here's what they thought!



## SPORT

"It really works the whole body and you have to have mental focus and skills"

"It is strategic, but it's also physical, we walk a lot"



## FUN

"I think it's underrated; it's an interesting sport"

"It's fun to be with our friends"



## INTERGENERATIONAL

"Golf is really open to everyone, of any age"

"I can now play with my parents and grandparents"



## NATURE

"I like nature, the fact that we feel very small in a large space, I like it. I especially like the course, I love it"

"We are in a nature environment, we are in harmony with nature"



## BENEFITS OF PLAYING GOLF:

For more information on the health benefits of golf see the Overview of Golf and Health on the GoGolf Europe website [www.gogolfeurope.eu](http://www.gogolfeurope.eu)