PLAYING GOLF CAN MAKE YOU HEALTHIER & HAPPIER

HERE'S ARE SOME TOP TIPS TO MAXIMISE THESE BENEFITS

PLAY REGULARLY
Aim to play golf or other physical activities at least 150 minutes per week, helping you meet global exercise guidelines.

WALK THE COURSE
Walk the course, as opposed to riding a golf cart, if able.

WARM UP
Do some aerobic exercise, stretching/ mobility exercises, then practice swings to maximise performance and minimise injury risk.

HELP OTHERS
To feel welcome, and encourage others to play golf or take part in other physical activities.

PROTECT YOUR SKIN
Using sunscreen and appropriate clothing (collared shirt, hat, etc). Avoid excessive exposure to direct sunlight.

FIT FOR GOLF
Appropriate strength and conditioning exercises can decrease injury and illness risk, and improve performance.

RULES
Follow appropriate safety, golf cart safety, and lightning safety guidelines.

BE SAFE

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