

## Benefits of Walking

1. Decrease blood pressure through dilating blood vessels
2. Decrease in blood sugar levels by using glucose as energy
3. Lowers cholesterol
4. Increases bone strength by applying moderate, intermittent pressure through the bones and joints of the lower body
5. Decrease risk of cardiac complications by lowering blood pressure and increasing the heart's ability to circulate blood
6. Increase in strength by stressing the muscles of the lower body.
7. Increase in the lungs ability to affectively take in and use oxygen leading to a decrease in fatigue.
8. Decrease in depression by releasing endorphins in the brain



## Walking distance over 18 holes: Cart vs Walking

The October 2009 issue of Golf Digest has an article discussing the miles walked during 18 holes of golf. It is important to note that a player's handicap, the length of the course being played, and the golfer's stride length all have an effect on the distance walked. For this reason the mileage is given as ranges.

	Miles
<b>Cart</b>	1.5-2.75
<b>Cart path only</b>	2.5-3.5
<b>Walking</b>	5.5-6.25



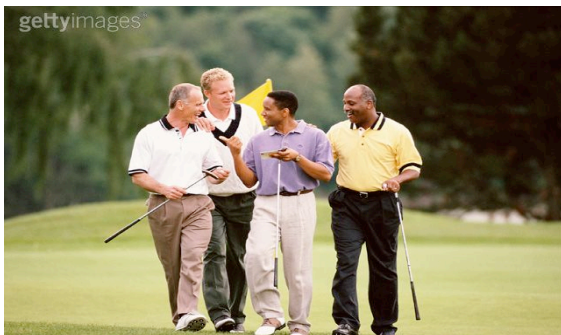
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-Developed by Sean Hilgenberg &  
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## Golf and Your Health

*A fun way to stay healthy*





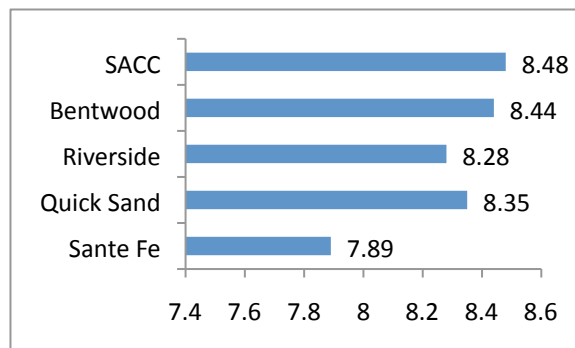
## Common Changes Associated with Aging

Many changes happen to our bodies as we age. Our metabolism slows down, we lose muscle mass, we acquire increased joint stiffness and decreased flexibility. There are other, more serious, effects of aging that involve our hearts, blood vessels, and lungs. These can have a drastic effect on our quality of life. One of the ways to improve our quality of life and to slow the ageing process is exercise.

### Exercise

Exercise has been proven to be beneficial to people of all ages, genders, and backgrounds and is often prescribed as part of a comprehensive treatment plan to help counter some of these changes associated with ageing. The most basic form of exercise is walking and golf is a great opportunity to incorporate walking into our daily lives. A walking golfer averaging 36 holes a week can burn approximately 2900 calories. The average 20 handicap golfer can walk approximately 8 miles during 18 holes of golf at any San Angelo golf course.

Average miles walked during 18 holes by 2 graduate students from Angelo State University with handicaps of 20. These distances were measured by pedometers.



## Walking and Golf

The thinking that walking while golfing doesn't count as exercise because it's "stop-and-go" is a myth. Researchers in Sweden discovered that a middle age man who walks while golfing can reach exercise intensities ranging from 40% to 70% of maximum aerobic power, despite short walking intervals typical of the game.

Research done in Hawaii showed that men who walk 1.5 miles or more each day have less than half the rate of heart ailments compared to those walking less than a quarter mile. What's most dramatic about that big study is this: It doesn't matter what speed you walk, as long as the distance is covered.

Information contained in this brochure was found at:

- [www.walkinggolf.com](http://www.walkinggolf.com)
- [www.golf.about.com](http://www.golf.about.com)
- [www.pga.com](http://www.pga.com)

### GOOD SHOTS, LOW MILES

*A 387-yard case study.*

Player A (---) sprays it and records an 8. Player B (-.-) hits the fairway and green, makes 3, and walks 162 fewer yards.

--- EIGHT STROKES,  
632 YARDS

-.- THREE STROKES,  
470 YARDS

#### THE GENDER GAP

We think women might walk shorter distances than men because they typically have slower swing speeds. This helps keep them from spraying the ball.

Excerpt from Golf Digest, October 2009 issue.