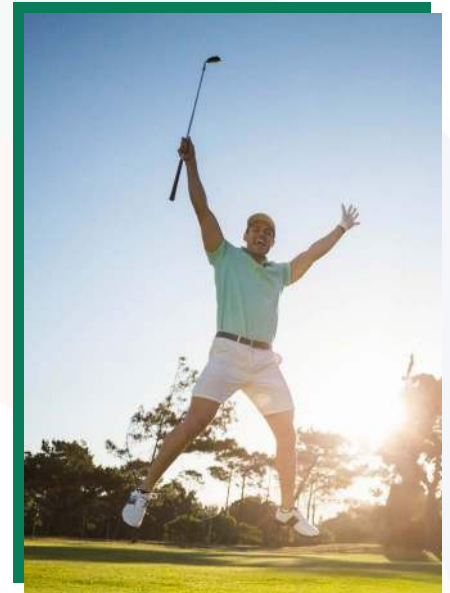


GOLF IS GOOD FOR BALANCE

We are six weeks into 2026; New Year's resolutions were made and now to check in with how they are going? Typically, there is always a resolution to improve our health and fitness, and playing golf gives you the solutions to ensure those good intentions are not broken. We will take you through a year- long journey of how good golf is for you, each month focusing on a different topic, each backed by research from The R&A.



This month we focus on how **Golf is Good for Balance**. An international research study carried out by the University of Southampton and the University of South California and backed by The R&A found that:

01

Participants in the golf training programme improved their muscular strength, power, endurance, balance, flexibility and walking performance.

02

Golfers under the age of 80 had **better strength and balance** than sedentary non-golfers of similar ages.

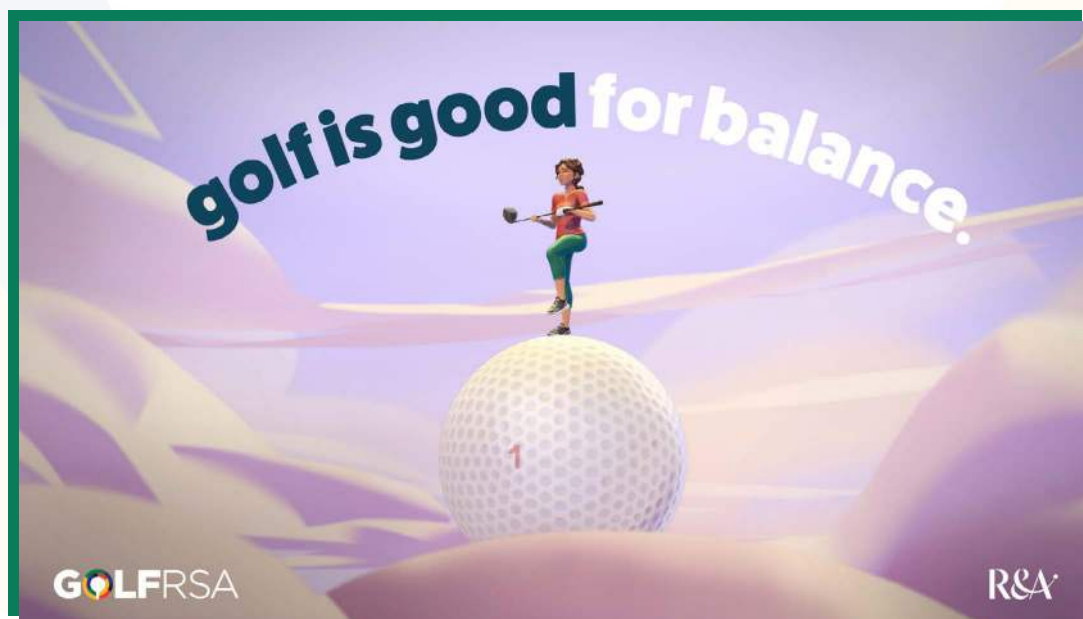
03

Golfers had better dynamic balance and static balance than non-golfers.

04

Strength of limb muscles and **balance were better in golfers than non- golfers**, e.g. indicative through gripping and swinging a club, walking, squatting.

Golf Improves Muscle Strength and Balance



So, let's stick to these New Year's resolutions, get out onto the golf course and help to improve not only your physical being, but lets you also enjoy the benefits of the social, environmental and mental positive impacts that golf brings you.

See our social media for a fun video on how Golf is Good for Balance!