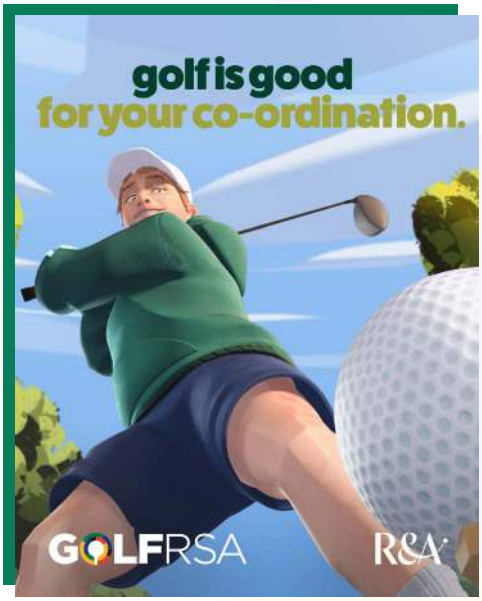
GOLFRSA

GOLF & HEALTH

May 2026

GOLF IS GOOD FOR CO-ORDINATION



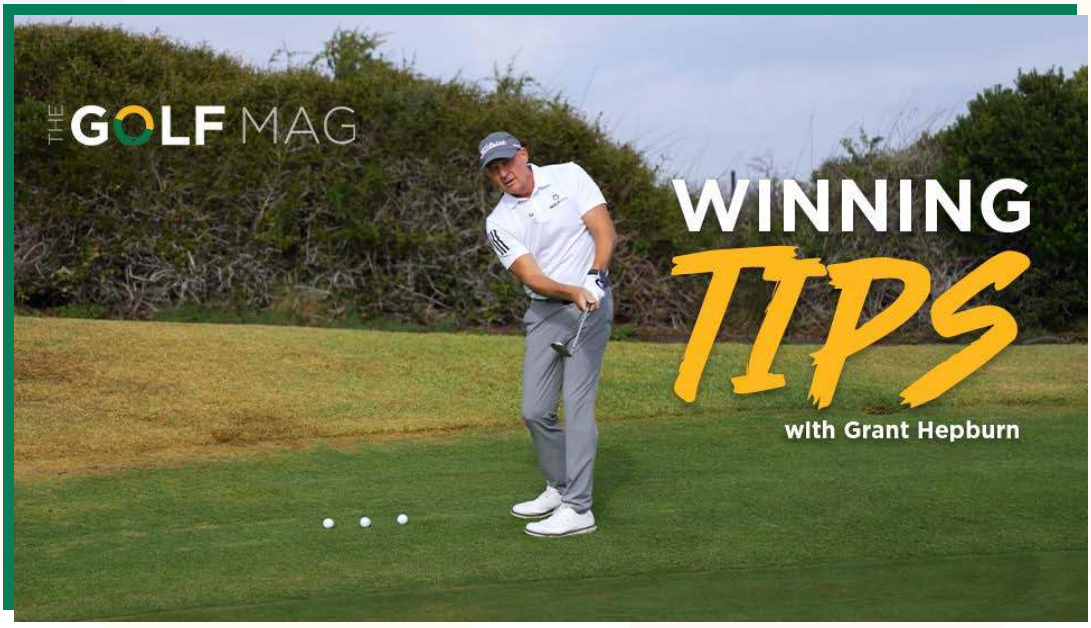
The GolfRSA campaign exploring the benefits of golf continues in the month of May with the theme **Golf is Good for co-ordination.**

Golf is far more than a leisure activity; it is a sport that actively develops and improves co-ordination skills at every age. From the first tee to the final putt, golfers constantly engage hand-eye co-ordination, balance, timing, body control and spatial awareness. Every swing requires the brain and body to work together with precision, helping players refine motor skills that are valuable both on and off the course.

Research has shown that the golf swing involves highly complex, co-ordinated biomechanical movements that rely on balance, timing and precise body control. A South African study published in the South African Journal for Research in Sport, Physical Education and Recreation found strong links between golf performance, balance and hand-eye co-ordination, highlighting the important role these abilities play in the game.

Follow the GolfRSA CEO, Grant Hepburn, in The Golf Mag as he shares tips on how to improve key areas of your game every month: GolfMag Vol 32

Unlike many high-impact sports, golf develops co-ordination in a low-impact, lifelong format that can be enjoyed by juniors, adults and seniors alike. The combination of walking uneven terrain, rotating through the golf swing and repeatedly executing controlled movements helps improve balance, rhythm and movement efficiency over time. Health experts have also noted that golf enhances flexibility, stability and "exquisite hand-eye co-ordination." - Read More



In short: There are also other fun ways to improve your co-ordination with a golf club and ball – check out this Instagram Reel from GolfRSA's account and see how much fun practicing your coordination can be in golf.

Join us on social media or visit our website *HERE*

and share how **Golf is Good for your co-ordination** and encourage all to make it their #**HealthyHabit** for the next month!