

Golf can be a lifesaver (published in the “The Advertiser” 25/9/18)

London: Playing golf is good for your mental and physical wellbeing and can add years to your life but experts say too people are missing out.

An article published in the British Journal of Sports Medicine yesterday says evidence shows playing golf regularly can reduce heart disease and stroke risk factors. It also provides aerobic physical activity, can boost strength and balance in older people, is of benefit to mental health and improves the overall health of those with disabilities with a minimum risk of injury.