

Why Golfing is So Good for You and Your Health

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According to the latest report from Macmillan Cancer Support, playing on game of golf is equivalent to a week's worth of exercise. In celebration of August as National Golf Month, Mike Poe, the General Manager of [Quintero Golf Club](#), who has been golfing for the past 30 years, shares his five reasons as to why golf is so beneficial for your health.



- The first of the five benefits is that a golfing routine can lead to a healthier heart. Poe explains that all the walking and carrying around your bags can lend to an improved cardiovascular system. A little-known fact is if you walk three to five 18-hole rounds per week, you are giving your heart the perfect amount of exercise it needs to perform at its peak.
 - The second golfing benefit is the low injury factor. Poe says, "Though it's low risk and low injury, you are still burning a ton of calories." The low-intensity workout lends to the body needing less recovery time and getting you back to the course for another round.
 - Thirdly comes improved brain stimulation. Daily walking has been scientifically proven through research to improve the brain's memory. The average person is known to walk 240 minutes in one game of golf lending to a good workout and stronger mind.
 - At number four, golfing is known for an improved night of rest. Poe explains that sweating helps you sleep so a game of golf can tire the body and mind. Golfing for many can be not only competitive but also relaxing once you step foot on the green.
 - Lastly, golfing is a major stress reliever. Poe says, "Playing a game, you have to be focused on what's in front of you. Golfing allows to keep the mind off work, releasing not only stress levels but also endorphins leaving you happy and relaxed."
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For the beginners who are looking to try out a swing, Poe recommends looking to your local golf courses. "I always recommend beginners to start with a nine-hole course and flat terrain."

One of his favorite recommendations for beginning golfers is Encanto Golf Course in Phoenix or the Continental Golf Club in Scottsdale. When it comes to golfing in the midst of the Arizona heat, Poe's favorite pro-tip is to stick a gallon of water in the freezer the night before; that way, you can take it out and sip on the cool drink during the game, staying hydrated and being mindful of those electrolytes.