

# why GOLF?

By: Connie Deckert

**N**o matter how you feel about this game - whether you absolutely love it or loathe it, golf is alive and well, and rapidly growing in popularity, especially among women. It is a sport that adds a great deal to the lives of the people that play it. Here are ten good reasons to make golf part of your life.

## #10 – SOCIAL

Whether one is playing 9 or 18 holes, there is a great deal of time spent out on the course. Only competitive golf has minimal interaction between players; golf for social or charity reasons is totally different. Players can also go to a golf course on their own and participate in a game or choose to play in a regular group.

## #9 –INTERGENERATIONAL SPORT

Golf is a game that can be played at any age. Since it is an individual sport, it can be shared and enjoyed by everyone. Parents and children, grandparents and grandchildren, aunts, uncles, nieces and nephews and anyone else looking to have a good time.

## #8 –TRAVEL SPORT

For folks that enjoy traveling, golf can be the reason or it can be one of the things to enjoy while on a vacation. Either way, golf is present just about everywhere.

## #7 –BUSINESS TOOL

Golf is probably the best sport for people in business. It is great for networking as well as building relationships with clients or advancing professionally. It buys time with clients and potential clients. Golf helps to reveal character.

## #6 –INCREASED BODY AWARENESS

In order to hit a golf shot well, the entire body is utilized. When watching the pros on TV, golf appears to be an upper-body sport - it is definitely not just that. Footwork is of the utmost importance. Find a golf professional that you connect with and learn the basics of a sound swing, and your enjoyment level will go way up!

## #5 –INCREASED FLEXIBILITY

As players improve their technique the body will start moving in ways it had not done before. Flexibility is bound to improve. A golf swing needs flexibility and timing - not brute strength.

## #4 –FRESH AIR

Golf is a sport that is played outdoors. A round of golf can take anywhere between 2 and 5 hours. Fresh air is good for you, and sunshine is an added possible benefit - so remember your sunscreen.

## #3 –EXERCISE

An 18 hole round of golf involves a 4 mile walk which may be slightly longer depending on how straight the ball is hit. Walking is great exercise. Power carts are usually available in case a player's physical condition precludes walking. Health benefits are still enjoyed with the increase in physical activity.

## #2 –RETIREMENT ACTIVITY

When people retire golf offers them a healthy option that can help fill some of their newly available time, while reaping a variety of benefits.

## #1 –MENTAL CHALLENGES

Golf is complex. The first challenge is the swing. Then, the next challenge is the course being played, followed by the particular shots

needed during the round. The lie, temperature and wind direction are all factors that influence the shot.

See you on the course!

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For more information about FORE U Enterprises and Connie Deckert go to:  
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To share your "Top Ten Reasons" please email me at: [cedeckert@bellnet.ca](mailto:cedeckert@bellnet.ca)  
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