

Top 3 Health Benefits of Playing Golf Regularly

Golf has become a popular sport worldwide. After knowing impeccable mental and physical health benefits, people from all over the world are shifting their focus toward golf from other sports. Statistics reveal a continuous increase in memberships at various golf clubs worldwide, as people of all ages and genders actively participate, reaping diverse health advantages. If you want to know more about the game and its benefits, stay with us till the end, as here in this article, we will highlight the major reasons why one should take membership of **Benoni Country Club** and how they can benefit by adopting golf as their routine activity.

Reasons for Joining Clovelly Golf Club

- 1. Excellent Form of Exercise:** Golf serves as an excellent form of exercise, allowing you to enjoy the outdoors on a sprawling 6000-square-foot **St Francis Links** golf club course. This means you will spend roughly 3 to 4 hours completing the 19-hole game, providing a comprehensive full-body workout in a broad day while soaking up essential Vitamin D. Due to its gradual pace, golf is suitable for individuals of all ages and fitness levels. It's a low-impact sport, which minimizes the risk of injuries compared to more intensive sports like cricket. Whether your aim is weight loss or building new friendships, golf offers a well-rounded choice.
- 2. Improve Sleeping Patterns:** Whether golf is a low-impact sport, golfers can still expect to walk more than 3 miles during a single round of their game. Because the game is played in the open outdoors, players come into contact with fresh air, greenery, and sunlight, which let them consume fresh oxygen and require vitamin D. Playing outdoors close to nature reduces stress and anxiety levels, resulting in players feeling more relaxed and experiencing improved sleeping patterns. Playing golf at **Clovelly Golf Club** can help you sleep better, and getting a good night's sleep can also make you play golf better! When you sleep well, it improves your ability to focus and helps your body recover, which is important for doing well in golf. So, it's like a cycle where golf and sleep support each other.
- 3. Recover Your Mental Health:** As discussed earlier, golf is played in great outdoors, helping you consume a lot of fresh air and vitamin D as well as keeping you away from all your worries and improving your sleeping patterns. Hence, it helps in improving your mental health. Playing golf in a large open area under the sky with your friends is a constructive way to enjoy a game and distance yourself from the troubles and stresses that life may bring. According to research, playing golf at Benoni Country Club course with a similar mindset people helps release positive endorphins such as Serotonin, making you feel good and more positive toward life. In other words, we can say that playing a 19-hole game with friends in the great outdoors helps improve your mental health, both on and off the course.

Additionally, whether you are a member of a St Francis Links golf club or not, golf is a sport for people of all ages that offers abundant health and well-being benefits if played regularly!