

GET FITTER

WITHOUT GOING TO THE GYM LIVE LONGER PLAY GOLF

People who Play golf live longer, a major study has found, as it shows the game helps prevent 40 major chronic diseases such as diabetes, breast and colon cancer.

The UK's leading source of Cancer Care, Macmillan Cancer Support, has called on everyone to take up Golf and quotes -

"The health benefits of Golf are being overlooked - and one round of Golf could even be as good for you as a week's worth of exercise".

"Given that the sport can be played by the very young to the very old, this demonstrates a wide variety of health benefits for people of all ages."

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