

Playing Golf Has Many Physical And Mental Benefits

For those who are competitive, the game of golf is about winning or improving their overall game. The competitive individual wants to add distance to their drive, shave strokes off of their game and chase the elusive hole in one. The game of golf certainly meets the needs of those with a competitive spirit. In addition to these benefits there are other benefits to playing golf. Those additional benefits include exercise, interaction with others and enjoying the outdoors.

Exercise One of the most beneficial by-products of playing golf is the exercise an individual can achieve. This exercise is comprised of walking on the golf course from hole to hole, the swinging of the golf clubs and the carrying of the golf clubs. There are basically two types of overall exercise categories. Those categories are moderate and vigorous. Golf can be considered as a moderate type of workout activity. It is estimated that for every one hour spent playing golf an individual can burn 370 calories. This estimate is based on that individual being a male, weighing 154 pounds and standing at 5'10" tall.

Interaction With Others Another benefit of playing golf is the friendships and interactions that are developed on the golf course. Generally, golfers team up in pairs or play their golf game with three other individuals. This foursome provides an excellent opportunity for individuals to interact with each. This interaction is usually highlighted through the telling of jokes, the sharing of stories, conducting business, getting to know each other in an informal setting, etc. All of this is conducted in a non-threatening, but competitive environment. This type of interaction will prove to be therapeutic as well as an opportunity to bond with other individuals.

Enjoying The Outdoors One additional benefit of playing golf is the opportunity to be outdoors and enjoy the natural surroundings. Being outdoors is an opportunity to appreciate the beauty of nature and breathe in fresh air. In addition, the individual playing golf can use the quietness of the golf course to center themselves and focus on the simple things of life. In addition, being outdoors will provide a change of venue and help the individual to get away from their normal environment or routine. This normal environment could be the workplace or a stressful situation that they maybe experiencing in their home life. Being outdoors and enjoying the game of golf can be an ideal way to release any possible stress in the golfer's life.

About the Author

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