

## Play Golf: Live Longer?

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Can playing golf actually increase your life expectancy? According to a study by the Scandinavian Journal of Medicine and Science in Sports the answer is YES. They found that the death rate for golfers is almost 40% lower than for non-golfers of the same age, sex and socioeconomic status. This equated to about 5 years of extra life.

Sound too good to be true? Well, there is a catch, according to lead researcher Anders Ahlbom; the study only examined golfers that walk while they play, not those that regularly ride in a cart. He states, "A round of golf means being outside for 4 or 5 hours, walking at a fast pace for about 4 miles." The study data was collected from 300,000 Swedish golfers.

A general healthy lifestyle may also help explain the lower death rate among these golfers. Swedes have been known to eat a very anti-inflammatory diet including Omega-3 fatty fish, antioxidant-rich fruits and vegetables, healthy oils and fats, whole grains, lean proteins, and few processed foods which are much more prevalent in other parts of the world. US diets in particular tend to have more saturated and trans fats, refined grains, sugar, and nitrites which are known to cause general inflammation in the body.

Playing the game is still likely to have a positive impact on health (provided it doesn't cause too much stress!). Golf is often played into older age and this alone can have a positive social and psychological impact on health. So even if you don't walk while you play, playing golf can still improve your life!

If you would like more information on keeping your body young enough to continue playing into older age, or any other golf health or fitness questions, please contact us at **Body Balance for Performance: 312-214-9079** or **[www.bodybalancegolf.com](http://www.bodybalancegolf.com)**.

