



GOLF SPECTATING AND HEALTH



1

Physical inactivity is responsible for more than 3 million deaths worldwide and may kill more than smoking



2

Walking provides physical, mental and social health benefits

3

More than 10 million people spectate at golf tournaments each year. They are not restricted to a seat, but can walk around the arena



6

2016 Paul Lawrie Matchplay (PLM) spectators walked a mean of:

11,589 steps

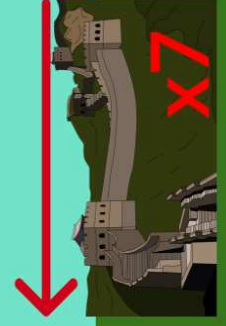
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Golf spectators at the 2014 Ryder Cup collectively walked 4 times around the world



5

Shenzhen Open spectators collectively walked the length of the Great Wall of China 7 times



7

At PLM, 82.9% met daily physical activity recommendations while spectating



9

FURTHER RESEARCH: How can we encourage spectators to become more active post-event?



8

At PLM, over 60% expressed an interest in becoming more physically active post event



SOURCE:

Murray, A, Archibald, D., Scott, H, et al. BMJ Open SEM 2017.



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