



gettailoredgolf.com [gettailoredgolf@gmail](mailto:gettailoredgolf@gmail.com)

TOP 5 REASONS TO GOLF

1. **Exercise** - Do you know that you can burn 1500 calories golfing when walking 18 holes? You get to be outside and play a game and lose the same amount of calories as running on a treadmill for 1.5 hours.
2. **Social benefits** - Golfing provides a pleasant surrounding and interaction with your golfing partner. You have 5 hours of undivided attention to get to know each other or make a business deal.
3. **Enjoy the beauty of outdoors** - Golf is the only sport that is played in a different beautiful outdoor arena every 15 minutes.
4. **Sharpens your mind** - Every round provides 18 chances to come up with a strategy for success and allows you to play it safe or be bold.
5. **Life lessons** - I can't count how many times I wanted to throw my clubs into the pond when I first started. Like every other worthwhile pursuit, you will be rewarded if you don't give up and keep improving.