

# Fort Jackson Golfing Lessons



## WHAT: Golfing Lessons

**WHO:** All Single/Geo Bachelor Soldiers (all rank structures), single parents, unaccompanied soldiers of the BOSS Program

**WHERE:** Fort Jackson Golf Club (3652 Semmes Rd, Columbia, SC 29207)

**WHEN:** TBD

**WHY:** Golf has the ability to bring diverse people together for friendly competition, making the golf course a prime place for business professionals. It's a great opportunity to bond with other people of all demographics allowing for competition to build the morale.

Contact your Unit rep to sign up  
space is limited (30 Pax)

UNIT REP:  
Phone/Email:

## Benefits of Playing Golf

### Good for your body

- The average course requires a person to walk over five miles, carrying or pushing a bag and walking up and down different undulations.
- The golf swing in itself is great for providing a full-body workout. Each full swing exercises arms, legs, back and abdomen, with numerous repetitions over the course of a round
- able to remain in a deep sleep for longer periods of time due to the amount of energy expended

### Reducing Stress and Anxiety

- Just a good walk in the fresh air does wonders for endorphin and serotonin levels, leading to improved mood and reduced levels of stress and anxiety.
- Coupled with an escape from the hassles of day-to-day living the game can provide great relaxation
- The pleasure of walking in an open and natural environment and spending time with friends places golfers in a good mood.

### Low Impact Sport

- joints are not subject to the stresses and strains of more energetic activities like tennis and running, which can lead to long-term joint damage

