



## **BagBoy**® A Push for Your Health

### Why Walk?

Bag Boy is reintroducing golfers to the way the game was intended to be played. When golfers walk the course while pushing their clubs, they achieve a greater feel for the game, receive a greater appreciation for the natural surroundings and gain priceless health benefits with the additional exercise.

### Pushing Your Clubs will Save Your Back and Improve Your Game



- **Stay Healthy & Strong.** After studying the issue in depth, the AJGA found that carrying a golf bag during a round of golf, especially among younger players, could potentially contribute to back injuries and fatigue. As a result, the AJGA now allows push carts during all competitions.
- **Score Better.** In a recent study, their nine-hole averages were 40 with push cart, 43 when riding in the motor cart and 42 with a caddie. “It gets back to the idea that walking gives you a certain amount of time to think about a shot, to rehearse, go through the stuff. Where in a golf cart, you’re holding on, then, boom, you’ve got to get up, go to the ball and make a decision pretty quickly.” (source: Neil Walkodoff, PhD, Director of Rose Center for Health and Sports Sciences)

### Great for the mind and body. But don't take our word for it, here's what the experts say:

- **Lose Weight.** Playing golf four times a week while walking the course expends nearly 8,000 more calories a week than golf cart riders. That's nine pounds over three months. (source: Golf Fitness Laboratory at Pitt Medical Center's Center for Sports Medicine)
- **Burn More Calories.** Golfers burn more calories when they walk and push their clubs (718) than when they ride in a cart (411). When they walk, they travel about 2.5 miles, compared to 0.5 miles when they ride. (source: Neil Walkodoff, PhD, Director of Rose Center for Health and Sports Sciences)
- **Improve Your Overall Health.** Those who walk 36 holes a week will burn around 2,900 calories a week. Burning 2,500 calories a week improves your overall health by lowering your risk of heart disease, diabetes and cancer.
- **Live Longer.** A person may gain two hours of life for every one hour of regular, vigorous exercise, like brisk walking. (source: New England Journal of Medicine)