

Pitch and Putt, a Valuable Health Aid

All doctors agree: Pitch and Putt is an excellent activity for your health because it also provides numerous physical and mental benefits that are often overlooked by the general public.

Today, I invite you to discover or rediscover these health benefits that make our sport much more than just a leisure activity:

Physical Benefits: A Complete Sport

Pitch and Putt is sometimes perceived as a leisurely sport. In reality, it engages the body in a comprehensive and balanced way.

Here are some of its positive effects:

Improved Cardiovascular Health

A game of Pitch and Putt generally involves walking between 2 and 4 km, which often allows you to reach the 10,000 daily steps recommended by the World Health Organization. This moderate activity strengthens the heart, increases "good" cholesterol (HDL), and helps regulate blood pressure. Muscle strengthening and balance improvement

A P&P swing engages more than 15 muscle groups in less than 2 seconds: the legs, core, arms, and even the deep muscles are engaged, promoting the development of strength, stability, and coordination. This mobilization improves proprioception and reduces the risk of falls, particularly in seniors.

Weight management and calorie burn

Playing P&P is also a pleasant way to burn calories. On average, a round of 18 holes while walking burns between 1,000 and 1,500 calories, a valuable aid for maintaining a healthy weight without even realizing it.

Mental benefits: a sport that stimulates the mind

Here's how it works:

Cognitive Stimulation and Mental Agility

Playing P&P requires intense concentration: analyzing distances, choosing the right club, anticipating the effects of the wind, etc. This regular mental stimulation is beneficial at any age and helps maintain cognitive abilities.

Stress Reduction and Improved Mental Health

Playing P&P in the great outdoors allows you to disconnect from everyday life, breathe clean air, admire soothing landscapes, and reduce depressive symptoms.

Socialization and Emotional Well-Being

P&P is often played in groups, allowing for stronger social bonds, exchanges, laughter, and shared authentic moments. This sense of belonging and regular interactions play a major role in maintaining good emotional balance.

Playing P&P in a protected environment also means taking care of your health.

A healthy course also means cleaner air and less polluted soil. Preserving biodiversity also ensures the presence of balanced flora and fauna, which contributes to maintaining a healthy ecosystem.

In conclusion, P&P is a health sport par excellence.

It is accessible to all ages, allows you to stay active at your own pace, and if you sometimes experience pain or apprehension, know that this sport, practiced appropriately, can be your best ally for staying fit for the long term.

Don't hesitate to share these benefits with your loved ones.

Introducing P&P can be an excellent way to encourage your children, grandchildren, friends, or colleagues to discover a sport that is as fun as it is beneficial for your health.