

*The greatest of all mistakes is to do nothing!
Do what you can!*

PLANNING

GOALS <i>(overall direction)</i>	OBJECTIVES <i>(action steps)</i>	TARGET <i>(date)</i>
NUTRITION		
EXERCISE		
MOTIVATION		

MEASUREMENTS

Date	Blood Pressure	Cholesterol	Weight	Handicap

Health Navigators
www.healthnavigators.com

A Golfers Guide to

GOOD
Health

“Stay Healthy and Live to Play the Great Courses”
- Peter A. Townsley and Byron R. Williams, MD

Good Health begins with information...

Information fosters knowledge and from knowledge comes change. Your blood pressure, cholesterol and ideal body weight (like grip, tempo and swing plane) create information to help set realistic goals to measure success. You can improve your scores in health as well as golf. Reduce your risk for heart disease, cancer & stroke – handicaps that keep you from golf.

Good Health involves good habits...

Reducing your risk of disease is up to you. People often feel they have little control over the habits in their lives that contribute to poor health. Like a grooved swing, it usually takes about 21 days of regular practice to break old habits and to establish new ones.

Good Health is not complicated...

Good health (like a good golf game) requires a plan, a plant based diet, a lifetime of regular exercise and a positive mental attitude. Follow the four steps outlined in this booklet. The chart on the back may help you organize and subsequently achieve your goals.



A Good Plan

*It's not that we plan to fail...
we typically just fail to plan.*

Determination and enthusiasm count for a lot, but... without direction they may quickly fade. A good plan can focus your will to change. Two parts to a good plan: *Goals* and *Objectives*.

Goals represent the big picture. The overall direction for change, like – get fit or drop 5 strokes.

Objectives are more specific. They are the action steps you take to get to your goals. These may consist of eating five servings of fruits and vegetables a day *or* hitting a hundred practice balls each day.

When you write your objectives down (use the reverse side), be realistic, specific - and patient. Short-term, specific goals are easier to track and accomplish. Golfers are accustomed to keeping score. No gimmies!

*“It is nothing new or original to say
that golf is played one stroke at a time.
But it took me years to realize it.”*

-Bobby Jones



A Plant Based Diet

*A plant based diet happens to be...
the healthiest diet in the world.*

Cancer, heart disease and stroke are diseases of nutritional excess and not deficiency. These leading killers of Americans rarely affect cultures with plant-based diets.

Plant-based diets include lots of fruits, vegetables, beans, grains. Non-plant based diets consist of meats, cheese, eggs, sugary and processed foods which increase your chance for disease because they are high in fat and low in nutrients and fiber.

The Cancer Institute recommends eating five to nine servings of fruits and vegetables a day. Try apples, oranges and carrots as snacks. Think vegetable servings as a main dish rather than a side dish. Try “meatless” meals three or more times each week. Save up for that hot dog at the turn.

*“Practice...
puts brains in your muscles”*

-Sam Snead



A Life of Exercise

*Exercise is the quickest way...
to the next tee.*

Exercise enhances flexibility and endurance, builds strength and energy and reduces stress. The best exercise for you is the one *you'll* do.

Exercise is also the healthiest way to manage weight. To *maintain* your weight, you must burn the same amount of calories you take in each day. To *lose* weight, you must burn more than you consume.

To keep your heart healthy, the American College of Sports Medicine advises “*moderate to vigorous physical activity for thirty minutes each day.*” Any golfer who walks 18 holes is getting what they need.

As your conditioning improves, you'll find more distance and consistency. Remember: professional golfers consider conditioning a path to longevity and sustained earnings.

“I am the toughest golfer mentally”

-Tiger Woods



A Positive Attitude

*Success is 10% inspiration...
and - 90% perspiration.*

There are no short cuts to good health. Like golf, it takes practice and persistence. Self motivation is vital. Winning golfers are “can do” people.

Good health is our friend. It requires responsibility, but when undertaken with gusto will allow us to play golf forever.



Byron *Peter*

“A hungry dog hunts best”

-Lee Trevino