Balance
Balance keeps you upright while you shift your weight during a swing.

Strength
Strength around the core, hips, pelvis and lower back are essential for an effective swing.

Power
During the fast movement of a swing your muscles generate power, this keeps your muscles strong and able to move quickly.

Flexibility
Flexibility around the mid-section, shoulders and hips is vital for twisting your body during a swing.

Coordination
Golf uses hand-eye coordination and coordination of the lower and upper body by shifting body weight and rotating the trunk through the swing.

To find a golf club or classes near you visit www.golfwa.org.au/cms/get-started/welcome-to-golf

I love the friendship of fellow golfers who are like-minded and young at heart. It is a sport that involves walking in very pleasant surroundings, and the exercise is helping both my mental and physical health. Golf is a sport that can be continued well into mature age and is such that on occasions anyone can have moments of brilliance. It is never too late to start, and a great way to enjoy the outdoors, socialise and keep active.

Jenny, 76, Tapping
Move Your Body to stay on your feet®

Balance
Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.

Strength
Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.

Endurance
Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.

Agility
Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.

Power
Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.

Flexibility
Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.

Coordination
Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.

Cognition
Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet®, visit www.stayonyourfeet.com.au or phone 1300 30 35 40

It is advised that activities are performed with proper supervision and a sufficient assessment is completed by your doctor or health care professional prior to undertaking activity.