

## **How You Can Benefit from Golf as a Senior – Even if Your Name Isn't Gus**

When Gus Andreone approached No. 14 at Palm Aire Country Club in Sarasota, FL, he had no idea that he was 113 yards away from making national headlines. After all, he was simply playing another round of the game he had enjoyed for the past 75 years...attempting to put a little white ball in a little round hole.

But this time, he did it in 1 swing.

A hole-in-one wasn't anything new to Gus. He had done it 7 times before – roughly once a decade starting in 1939. When he did it on that December day in 2014, though, he officially became the oldest golfer to do so.

He was *103*.

According to the National Hole-in-One Registry, 450 million rounds of golf are played each year. And 60% of golfers fortunate enough to ace a hole are over the age of 50. The average age of the 29 million golfers in the U.S. is 54.

Many active seniors enjoy playing golf. When compared to many other activities, golf stands out as one of the best options for seniors looking to stay fit and have some fun.

### **Golf has long been known as a sport with plenty of health benefits.**

- **It's good for your heart.** Walking 18 holes is roughly equal to walking 4 miles. And when you're carrying a bag and swinging a club during that time you can really notice improvements in your heart rate and blood flow.
- **It keeps joints and muscles loose.** If you stretch well and use good form, you can exercise without the risk of lower back pain.
- **It can be relaxing** (depending on where the ball lands). Golf courses are usually peaceful, quiet, and surrounded by plenty of scenic beauty.
- **It's good for your brain.** Mental stimulation from the nature that surrounds you and the calculations you make while you play help keep you sharp and alert.
- **It's a great way to socialize.** Loneliness can have severe effects on us as we age, and while you can certainly play a round of golf by yourself, it is much more enjoyable with a group of friends...maybe even friends you make on the green!

**If Gus can do it, anyone can.** It's never too late to start (or start over), so lace up your golf shoes and hit the links!

By the way, Gus Andreone still plays today at age 106! While he hasn't managed another hole-in-one since his record setting shot in 2014, he still plays twice a week at Palm Aire when the weather allows. He says, "This game has been my life, and has never disappointed. I get on my feet, am out among friends and you keep moving." (Side note: His wife, Betty, has earned 3 aces of her own in her golf career...she is 100.)

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