

FITNESS ROUNDS UNPLAYED

ARE BAD HABITS CUTTING YOUR GOLF LIFE SHORT?

We all know golfers whose habits are, shall we say, less than 100 per cent healthy. You might even be one. To that we say, it's a free country. But have you ever thought about how many rounds these vices might be costing you? — Keely Levins

BAD HABIT	NUMBER OF ROUNDS LOST
1. SMOKING	340
2. NEVER WALKING	61.2
3. DRINKING	6.4 / YEAR
4. NOT WEARING SUNSCREEN	612-680
5. UNHEALTHY EATING	238

HOW WE ARRIVED AT THESE NUMBERS:

The National Golf Foundation says core golfers play an average of 34 rounds a year.

1. Nonsmokers live 10 years longer than smokers, says the Centers for Disease Control.
2. A 2012 Harvard study found 75 minutes of "brisk" walking a week adds 1.8 years to your life.
3. A 2012 University of Cambridge study shows every drink after the first drink takes 15 minutes off your life. If you drink four beers per round, that's 136 beers a year, or 102 beers after the first one. That works out to 25.5 hours, or 6.4 four-hour rounds, every year.
4. The Journal of Clinical Oncology found that sunscreen prevented melanoma at a rate of 50 to 73 per cent. Melanoma has been shown to cut 18 to 20 years off life expectancy.
5. A 2010 University of Washington study found healthy eaters in one Texas community lived seven years longer than unhealthy eaters.



photo by T-Lorien / Getty Images

A quirk or two on the course

Everyone has a secret habit or ritual for a good game. What's yours?

1 VICTORY RED

Perhaps the most prominent of all superstitions at the golf course would be Tiger Woods' bright red shirts. With over 80 tour victories, 14 major championships and 100 wins worldwide, Tiger Woods shows up every Sunday in red, or now termed "Victory Red." Woods wears red because his mom thinks that that's his power colour, and heed his advice, you should always listen to your mom.

2 EVERYBODY ALWAYS HAS THOSE LITTLE QUIRKS

Joe Durant, who has played in 446 PGA Tour events, winning four times and earning more than \$14 million in the process, claims he needs to have five tees in his pocket, as well as a quarter, a dime and a nickel to mark the ball with. According to him, it's "just some little things, I don't know if it makes you feel comfortable, but everybody always has those little quirks". Golfing is a rather habitual sport. If you're out in the sun for hours on end, in a seemingly routinized way, certainly, there are bound to be things that you do that may come second nature or as a habit.

3 PENNY FOR YOUR THOUGHTS?

Ball markers are just as crucial as that lucky club. John Cook marks his golf ball with the quarters that have pictures or engravings of the states where he played well in, during tournaments. Chi-Chi Rodriguez marks his ball with a coin with the head side up. Similarly, Paul Azinger always marks his golf ball with a penny with the head of Abraham Lincoln towards the hole. So the next time you place the coin down, better put it the right side up. Which side, that's your choice.

BONUS – DID YOU KNOW?

Proper hydration is ultimately and undeniably the biggest secret to maintaining top performance on the golf course – whether you've got your own secret ritual or not. Get hydrated, get focussed – With coconuts harvested from the coconut belt in Thailand, relish the naturally delicious taste of UFC Refresh Coconut Water and let it take your game to the next level. The only coconut water brand awarded with 2 Golden stars at The International Taste & Quality Institute (ITQI) from Belgium, UFC also has two other exciting variants available.

Source:
<http://golf.swingbyswing.com/article/top-5-professional-golfers-superstitions/>
<http://www.news-leader.com/story/news/local/ozarks/2015/04/22/golf-rituals-count-tees-coins-low-scores/26211733/>
<http://blog.lostgolfballs.com/superstitious-much-15-golf-superstitions-of-famous-golfers-you-wont-believe>

The Natural Hydration for you