



BagBoy® A Push for Your Health

Why Walk?

Bag Boy is reintroducing golfers to the way the game was intended to be played. When golfers walk the course while pushing their clubs, they achieve a greater feel for the game, receive a greater appreciation for the natural surroundings and gain priceless health benefits with the additional exercise.

Pushing Your Clubs will Save Your Back and Improve Your Game



- **Stay Healthy & Strong.** After studying the issue in depth, the AJGA found that carrying a golf bag during a round of golf, especially among younger players, could potentially contribute to back injuries and fatigue. As a result, the AJGA now allows push carts during all competitions.
- **Score Better.** In a recent study, their nine-hole averages were 40 with push cart, 43 when riding in the motor cart and 42 with a caddie. "It gets back to the idea that walking gives you a certain amount of time to think about a shot, to rehearse, go through the stuff. Where in a golf cart, you're holding on, then, boom, you've got to get up, go to the ball and make a decision pretty quickly." (source: Neil Wolkodoff, PhD, Director of Rose Center for Health and Sports Sciences)

Great for the mind and body. But don't take our word for it, here's what the experts say:

- **Lose Weight.** Playing golf four times a week while walking the course expends nearly 8,000 more calories a week than golf cart riders. That's nine pounds over three months. (source: Golf Fitness Laboratory at Pitt Medical Center's Center for Sports Medicine)
- **Burn More Calories.** Golfers burn more calories when they walk and push their clubs (718) than when they ride in a cart (411). When they walk, they travel about 2.5 miles, compared to 0.5 miles when they ride. (source: Neil Wolkodoff, PhD, Director of Rose Center for Health and Sports Sciences)
- **Improve Your Overall Health.** Those who walk 36 holes a week will burn around 2,900 calories a week. Burning 2,500 calories a week improves your overall health by lowering your risk of heart disease, diabetes and cancer.
- **Live Longer.** A person may gain two hours of life for every one hour of regular, vigorous exercise, like brisk walking. (source: New England Journal of Medicine)