



**PARKINSON'S<sup>UK</sup>**  
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## **Staying Active in Golf with Parkinson's**

### Key information for why you should stay golfing to remain active

Why you should stay active – physical benefits include the ability to stay strong and upright. The walking between holes promotes a good workout for the heart and lungs, and the muscle endurance helps with balance and to keep moving

Why stay active in golf –

- handicap system, it will adapt to your ability
- flexibility in play – it's not about 18 holes, play as much or as little as you want or just use the practice facilities at the range or putting green
- social – seeing friends at the clubhouse
- volunteering – there's plenty of ways you could use your knowledge and experience to help your club

#### **What to do**

**Speak to your friends** – let them know what's going on, you might not want to play at the times you used to because you're worried about slow play so can you find people to play with at other times. You don't just have to play 18 holes

**Speak to your club** – speak to the club manager or member of the committee, knowing more about what's going on with you will help them understand what their customer experience is like, if you need a buggy or trolley, find out about how you can prioritise reserving this in order to play



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**Speak to your PGA professional** – if you're struggling with your movement and hitting the ball then go and speak to your PGA professional and explain what's happening and use their expert advice to make some changes. This could be getting some thicker grips to make it easier to hold your clubs or changing your start position for some shots. Plus it's always good for a tune up.

### **Keep going**

Even if you don't feel confident immediately to play as much golf as you did before, it's important that you keep doing something.

Hit some balls at the driving range or practice area, get out on the putting green or just visit your golf club regularly and stay connected.

Talk to your club about what options there are for your membership – if you're not going to take full value of your full membership then discuss a more flexible arrangement that allows you to keep playing

### **Further advice and support**

Parkinson's UK Helpline – 0808 800 0303

The helpline and Parkinson's local advisers are here to answer any questions you have about Parkinson's.

Local Parkinson's UK peer support groups – [find a local group or activity](#)