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**DYNASWINGFIT**

**Professional Golf Training Systems, LLC**



## **GOLF AS THERAPY FOR ALZHEIMER'S AND DEMENTIA**

**May 12, 2019**

Senior aging is phenomenal. 10,000 men and women are now reaching age 65 every day. In America alone, there are 24 million USA golfers in 2018, which include 4.2 million seniors (men and women 65+ years old), reported by the National Golf Foundation. These senior golfers are benefitting tremendously from playing golf, "The Game of a Lifetime." Golf is the #1 healthiest mind and body activity for all men and women, especially seniors. However, only 8% of the total 51 million USA seniors 65+ play golf. How can so many of our total seniors be missing the enjoyment and healthy benefits of golf? How about the also low golf participation for 202 million adults age 18-64? It is also only 8% of the total 18-64 age adults. We can inform and invite many millions more seniors and other age golfers into this healthy fun sport, and retain more of those seniors that may be leaving the sport too early. All golfers will gain big health benefits, especially those with ALZ disease.

For the past 50 years I have been a Research Participant in the highly acclaimed Baltimore Longitudinal Study of Aging, being tested at John's Hopkins and Baltimore Harbor Hospitals; fourteen 3-day research testing visits of 600+ total hours on my body by the National Institute on Aging and the National Institute on Health, to better understand human aging over a lifetime. I can relate personally and professionally to golf at age 75.

As a senior Golf Teaching Professional and Owner of the DynaSwingFit Golf School, my 30+ years (10 Atlanta, 23 Myrtle Beach) of providing private golf lessons and golf schools has been very special, with a unique insight on aging. I have seen the positive physical and mental, recreational, and social benefits resulting from men, women and children who play golf. I have been able to design golf training aids that help all golfers easily understand the most important "key" elements of the golf swing, anatomically "friendly" and dynamically "efficient" with a compact traditional, balanced swing realized. Achieving greater power, control and consistency for golfers' ball-striking, makes golf more enjoyable for them.

I tell my students, "A healthy fun hour at Myrtle Beach's finest Cane Patch Driving Range can be your gym." In addition to my regular golf business, I am privileged to be an ALZ Community Volunteer Leader, helping ALZ patients by using Golf as a Therapy. Golf's particular use of the brain, concentration, memory, analysis, socialization and physical body exercise have proven to be very good for ALZ patients, especially at early onset. Golf is the #1 mind and body sport.

Alzheimer's is the largest form of Dementias (60-80%). In America, there are 5.7 million men and women living with Alzheimer's and it is the 6<sup>th</sup> largest cause of death in the USA, and one in 3 seniors will die of Alzheimer's. South Carolina has 89,000 living with the disease and has the highest Alzheimer's death rate per population in America; 2,481 deaths yearly (2016 USCDC data). All over the world, research is learning more to help fight and conquer this terrible disease. I am hopeful and encouraged that golf can help.

I invite you to contact me to obtain information about upcoming specifically-designed two-day DynaSwingFit Golf School for Dementia & Alzheimer's patients. Cost is FREE on Day-1; \$18 on Day-2 with two-thirds donated to the ALZ Association.

Day-1: 90-minute class is held indoors at the Surfside Beach Civic Center, and some weeks at the Grand Strand Senior Center (1268 21st Ave N in Myrtle Beach 29577).

Day-2: Ball-striking is held at Myrtle Beach finest: Cane Patch Driving Range  
7301 N. Kings Hwy, Myrtle Beach, SC 29572.

Please see 2-Day DynaSwingFit Golf School Flyer on Website and at Myrtle Beach locations. All the best to you and your family.

Shelby Smith, Golf Teaching Professional & Owner  
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# GOLF AS THERAPY FOR ALZHEIMER'S DISEASE & DEMENTIA

## 30 HEALTHY MIND AND BODY BENEFITS WHILE PLAYING GOLF

By Shelby Smith, Golf Teaching Professional DynaSwingFit Golf School

1. Playing on golf courses in nature's beauty and splendor.
2. Breathing fresh air, uninterrupted for hours.
3. Exercise walking 2 - 5 miles (9, 18 Holes), 1,400-2,500 calories.
4. Exercise swinging golf club.
5. Flexibility ... good for Joints & Muscles.
6. Balance needed for all golf swings.
7. Swing execution understanding.
8. Mental concentration on all golf shots.
9. Rules of Golf and Golf Etiquette.
10. "Feel" of hands/ fingers/ arms, when swinging club.
11. Analysis of conditions and obstacles on the course.
12. Visualization on pre-shot routine. .
13. Observance of other holes & greens.
14. Numerical Judgment club & swing.
15. Memory of past shots, results, hazards.
16. Positive thinking, expectations, confidence.
17. Evaluation of hazards vs risk.
18. Golf Swing Shot execution.
19. Courtesy and good manners.
20. Sportsmanship.
21. Fellowship and Friendship.
22. Patience of other golfers' play.
23. Social Interaction.
24. Helping others and consideration.
25. Care of Golf Course.
26. Care of own equipment.
27. Numerical Scorekeeping including Hdcp.
28. Gratification & Joy after good shots.
29. Eyes seeing ball for hit, flight, finding at destination.
30. 19th Hole Socialization, recalling golf shots, enjoying Beverages/ Dining.

