Infographic. Golf spectating and health

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11,589 steps

Physical inactivity is responsible for more than 3 million deaths worldwide and may kill more than smoking

Walking provides physical, mental and social health benefits

More than 10 million people spectate at golf tournaments each year. They are not restricted to a seat, but can walk around the arena

2016 Paul Lawrie Matchplay (PLM) spectators walked a mean of:

Shenzhen Open spectators collectively walked the length of the Great Wall of China 7 times

At PLM, 82.9% met daily physical activity recommendations while spectating

At PLM, over 60% expressed an interest in becoming more physically active post event

FURTHER RESEARCH: How can we encourage spectators to become more active post-event?

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