

10 Reasons Why...

# Golf Can be Good for Your Health

1. It keeps you fit from head to toe.
2. It's a stress reducer.
3. Helps lower your blood pressure.
4. Ideal sport for brain stimulation.
5. Enhances better memory recall.
6. Walk the course, you'll burn more calories and lose more weight.
7. Helps oxygenate the body and circulate blood.
8. Improves posture.
9. Strengthens muscle tone.
10. Encourages social interaction and a renewed sense of spirit.

The GCSANC recognizes the importance of good health, evidenced by its endorsement of Doctor's Orders: Play Golf. For more information about this public health education initiative visit: <http://www.doctorsordersplaygolf.org/>

*"Golf is a life enhancer, but it's also a life extender."*

— Frank "Sandy" Tatum, USGA Past President  
*Sandy is now 89 years-young, and still plays golf regularly*



Northwest  
Environmental  
Specialties

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## Ponder Water Treatment

The Safe and Effective Answer to Organic Sludge Reduction and Water Clarity Improvement in Water Hazards and Irrigation Ponds

### NATURES OWN WATER PURIFICATION PROCESS

- Using Natural Plant Acids and Essential Nutrients, Ponder assists in improving water clarity and reducing built up organic sludge.
- Ponder is safe and EASY to APPLY – No sprayers or application devices needed. Just shake and toss toward the middle from the shoreline.
- Ponder is NSF cat. 61 certified as a pretreatment of potable water.
- Water is Safe for plants, fish and animals. Water can be used immediately after treatment for irrigation or recreation purposes.
- Ponder is exempt from FIFRA regulations when applied per manufacturers instructions.
- (1) 2.62 gallon bottle treats up to 1 million gallons for 4 to 6 weeks.