

Eat Right!

Walk More!

Live Well!

"Even the longest journey begins with a single step"
Chinese Proverb

ACCUSPLIT
OFFICIAL Pedometer of the PGA TOUR



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MEN'S HEALTH TIPS

The Travelers Championship and the PGA TOUR are proud to support Men's Health Month, a national initiative to heighten awareness of preventable health problems, to encourage the benefits of health and fitness and to encourage the importance of early detection in men and boys by having PGA TOUR professionals serve as role models. Keep the following health tips in mind to assist in improving your life and your game.

WALK THE COURSE

Golf is the only sport in which both players and spectators realize health benefits. Walking is an excellent source of preventive medicine, having been proven to encourage heart health, reduce the risk of diabetes, aid in weight management, manage stress and support general body strength. The average golfer walks 3.5 miles when playing an 18-hole round.

STAY HYDRATED

According to the American Academy of Orthopedic Surgeons, water is the most important factor in sports nutrition. Be sure to drink at least 2 quarts of water each day to maintain a healthy body, particularly while playing or watching golf, due to exertion of walking and being in the sun.

RELIEVE STRESS ON THE COURSE

Research by the American Psychological Association shows that stress has become such a significant factor in our daily lives that it is one of the primary contributors of life-threatening issues such as heart attack, stroke, depression and infection, as well as for chronic aches and pains. Acknowledging stress within your life is a healthy way to begin to reduce it. Maintaining an active lifestyle through golf can help lower your daily stress levels and keep your body healthy.

BE GOOD TO YOUR FEET

Comfortable and supportive footwear is essential to maintaining your body's health. According to the American Orthopedic Foot and Ankle Society, standing for extended periods of time can increase stress to your body. Spending a significant amount of time on your feet everyday can cause serious back pain that could be prevented. This stress can be significantly reduced by wearing shoes with soft, pliable soles will protect your feet and help keep them comfortable.

HEALTHY DIETS, HEALTHY ATHLETES

To live well and play well, it is important to consume a healthy diet rich in whole grains. Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. A diet rich in whole grains provides the antioxidants that may work with other compounds, including fiber, to reduce cholesterol and the overall risk for heart disease.

Men's Health Profile:

D.J. Gregory

Born with a moderate form of cerebral palsy, D.J. Gregory had endured numerous medical procedures by age 2, and doctors predicted that he would never walk. D.J. and his family did not see this as an option, and through personal inspiration and hard work, D.J. trained his body to graduate from a full body cast that required him to crawl, to a walker on four wheels, eventually moving on to canes.

Years later, at age 30, Gregory requires just one cane to walk, and he certainly doesn't allow this to slow his steps. In the past six months, Gregory has walked 458 miles along golf courses across the nation as he follows the PGA TOUR around every hole of every tournament this season. By the end of the season, he will have walked 2,682 holes following players through every round of all 37 tournaments, the equivalent of 1 million yards and 600 miles. Each week, the TOUR assigns Gregory to a different player to follow for all 72-holes and Gregory in return blogs about his experience on PGATOUR.com, tracking everything from conversations with players to number of bottles of waters consumed, to number of times he's fallen on the course.

"I love golf," Gregory says. "This is a personal challenge. I'm not looking to be inspirational. But if that's what's happening, this is my message: If you have a dream, go for it. Don't listen to people say you can't do it."

His blog has regular followers and he is often greeted by fans on the course who share comments of inspiration. A golf fan for most of his life, in sharing his stories from the course, Gregory has heightened awareness of cerebral palsy, while developing a fan base among fans and players alike.

"I requested him," Kenny Perry says. "When I think I'm struggling and I look over at him, I see my hero. He just wants to live his life."

BY THE NUMBERS

D.J.'s season through June 2, 2008

17 Falls
151 Sodas
191 Bottles of Water
458 Miles Walked
66 Sports Drinks
27,730 Miles Traveled
1,636 Holes Walked



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Course Walking Map

LIVE WELL. PLAY WELL.
MEN'S HEALTH WEEK 6/16-22





TPC River Highlands · Cromwell, Connecticut

Walking Map · June 16-22, 2008

Walking Facts

- Golf is a great form of exercise. In fact, it is the only sport where both players and spectators realize health benefits, as both groups are walking extensively along the course.
- Walking is an excellent source of preventive medicine, having been proven to encourage heart health, reduce the risk of diabetes, aid in weight management, manage stress and support general body strength.
- If a spectator were to follow players along 18 holes of the Travelers Championship at TPC River Highlands, they would walk approximately 4.5 miles (9,000 steps) and burn approximately 485 calories.

TPC River Highlands
Spectator Walking Counts

	Miles	Steps	Calories	
Front 9	2.28	4,560	246	● ● ● ● ● ● ● ● ● ●
Back 9	2.21	4,420	239	● ● ● ● ● ● ● ● ● ●
15-18	0.96	1,920	104	● ● ● ● ● ● ● ● ● ●

