



PGA
CELEBRATING 95 YEARS



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**PGA of America Marks National Physical Fitness & Sports Month at
72nd Senior PGA Championship presented by KitchenAid
'Let's Move On Course' Initiative promotes Presidential Active Lifestyle Award (PALA);
5,000 Pedometers to be given away during Championship week**

LOUISVILLE, Ky – The 72nd Senior PGA Championship presented by KitchenAid is more than a competition between golf professionals. To promote National Physical Fitness and Sports Month, The PGA of America is taking the opportunity to promote the health and fitness benefits that come with spending time walking the golf course during competition, May 24-29, at Valhalla Golf Club.

All fans attending the Senior PGA Championship will have the opportunity to participate in "Let's Move on Course!" and pick up a free pedometer that will allow them to track their steps as they follow their favorite golfers around the course. Individuals who use their pedometer at the Championship are encouraged to visit PlayGolfAmerica.com and record their number of steps online to receive a "Let's Move on Course!" certificate signed by PGA President Wronowski and a surprise contestant of the field. They also will be entered into a drawing to receive an autographed pin flag signed by the 2011 Senior PGA Champion.

Researchers from the University of Pittsburgh determined the total caloric expenditure for a round of golf (18-holes) to be approximately 2,000 calories for walking and carrying clubs. You will burn 25% less calories (about 1,500 calories) for walking and employing a caddie and 35% less calories (1,300) when riding a cart. Walking 18 holes can also meet the daily recommendation of 10,000 steps (five miles). Health and fitness experts advocate that taking 10,000 steps per day will improve overall fitness and help control weight gain. Ultimately, The PGA of America wants juniors and families to recognize the health benefits associated with walking the course during play.

The pedometers, sponsored by Stryker, will be available at a kiosk in the middle of the 13th hole village. Five thousand (5,000) pedometers will be given away between Tuesday, May 24, and Sunday, May 29, with a limited supply distributed each day on a first-come first-served basis.

"We are thrilled to partner with The PGA of America to encourage people young and old about the health benefits of exercise through the 'Let's Move On Course' initiative," said a Stryker spokesperson. "Stryker takes pride in the advancements being made to get people moving and back to wellness. We are also proud to partner with Fred Funk, a member of the Championship field at Valhalla and who has received a knee replacement through Stryker, and brings this message to life."

Participants also are encouraged to take the next step in getting active and participate in the Presidential Active Lifestyle Award (PALA). PALA recognizes youth and adults for following the daily-recommended physical activity guidelines. Adults who are active 30 minutes per day and youth who are active 60 minutes per day, five days per week, for a period of six out of eight weeks are eligible for this award. Participants who complete the requirements will receive a PALA certificate of achievement signed by the co-chairs of the President's Council, New Orleans Saints quarterback Drew Brees and Olympic gymnast Dominique Dawes.'

Let's Move on Course at 72nd Senior PGA Championship, page 2 of 2

"Golf is a great activity because it gets individuals outside and active for several hours of the day," said David Donatucci, PGA of America director of fitness. "Ultimately, we want to use the game of golf to motivate individuals, especially families, to make healthy lifestyle choices that cause them to want to eat better and get out from behind the television. Using pedometers to see how their steps translate to fitness on the course is a great way to inspire better habits all the way around."

To take the first steps toward a healthier lifestyle and join with other golf fans taking the President's Challenge:

- Visit MillionPALAChallenge.org to register
- Once submitted, select "Presidential Active Lifestyle Award (PALA) challenge"
- Click "Groups" option
- Search for "GOLF" groups
- Join the PGA group that works best for you
- Get moving and begin logging your activity

About The PGA of America

Celebrating its 95th year, The PGA of America has maintained a twofold mission of its founders: to establish and elevate the standards of the profession and to grow interest and participation in the game of golf. By establishing and elevating the standards of the golf profession through world-class education, career services, marketing and research programs, The PGA enables its professionals to maximize their performance in their respective career paths and showcases them as experts in the game and in a multi-billion dollar golf industry.

By creating and delivering dramatic world-class championships and exciting and enjoyable promotions that are viewed as the best of their class in the golf industry, The PGA of America elevates the public's interest in the game, the desire to play more golf, and ensures accessibility to the game for everyone, everywhere. The PGA of America brand represents the very best in golf.

About STRYKER

Stryker is one of the world's leading medical technology companies and is dedicated to helping healthcare professionals perform their jobs more efficiently while enhancing patient care. The Company offers a diverse array of innovative medical technologies, including reconstructive, medical, and surgical, and neurotechnology and spine products to help people lead more active and more satisfying lives. For more information about Stryker, please visit www.stryker.com.

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