



PGA
CELEBRATING 95 YEARS



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**“Let’s Move on Course!” Encourages Spectators to Get Moving
at the 93rd PGA Championship**

Pedometers to be distributed to promote golf as a healthy activity

JOHNS CREEK, Ga. – The 93rd PGA Championship, held Aug. 8-14 at Atlanta Athletic Club, will not only give golf fans a chance to watch their favorite players tee off, but will also allow them to see the health benefits of golf first-hand. For the second consecutive year, The PGA of America will encourage spectators to participate in “Let’s Move on Course!,” sponsored by Hospital for Special Surgery (HSS), to promote the health and fitness benefits that come with spending time walking the golf course, both as fans and as players.

“Let’s Move on Course!” reflects The PGA of America’s continued support of Michelle Obama’s “Let’s Move!” campaign, which attempts to combat childhood obesity by encouraging healthier food alternatives for children, as well as aiming to increase children’s opportunities for physical activity.

Fans attending the 93rd PGA Championship will have the opportunity to pick up a free pedometer, which will allow them to track their steps as they follow their favorite golfers around the course. 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. Additionally, 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 everyone to recognize the health benefits associated with walking the course when they play.

“Let’s Move on Course!” was officially launched last year at the 92nd PGA Championship, held at Whistling Straits. Pedometers were distributed to attendees who were encouraged to track their steps at the championship and record their totals online at PlayGolfAmerica.com. Based on the juniors reporting data, a median of 14,767 steps were taken, equaling about 7.4 miles per day, per junior.

“After last year’s very successful kickoff of ‘Let’s Move on Course!,’ we are excited to continue to use this program to teach the health and wellness benefits of the game of golf,” said PGA of America President Allen Wronowski. “Pedometers are a tangible way to show families what they can achieve when they choose to walk the course together, rather than ride in a cart.”

This year’s pedometers will be available at the Main Spectator Entrance of the Atlanta Athletic Club. A total of 25,000 pedometers will be given away between Monday, Aug. 8, and Sunday, Aug. 14, with a limited supply distributed each day on a first-come, first-served basis. Those who report their steps on PlayGolfAmerica.com will be entered into a drawing to win an autographed pin flag signed by the 2011 PGA Champion.

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Additionally, attendees registering for “Let’s Move on Course!” and other events at the 93rd PGA Championship will be entered into PGA Play Sweepstakes for a chance to win prizes including a pair of tickets to the 2012 Ryder Cup, PGA Championship and Senior PGA Championship presented by KitchenAid (two winners will be selected for each of the ticket giveaways), Get Golf Ready gift certificates and an opportunity to play the “Champions Course” at Atlanta Athletic Club with a friend following the PGA Championship.

“Golf is a means to a healthy lifestyle and walking the course, as a player or spectator, provides excellent health and wellness benefits that can improve movement and create a stronger quality of life,” said Louis A. Shapiro, President and Chief Executive Officer, Hospital for Special Surgery. “We’re proud to partner with The PGA of America and the ‘Let’s Move On Course!’ program to help give fans a great cardiovascular workout while they watch the best golfers in the world compete for the year’s final major championship.”

“We want to encourage golfers of all ages to walk as much as possible when on the course, whether that means utilizing a pull cart or taking extra steps despite having access to a golf cart,” said David Donatucci, director of fitness for The PGA of America. “We have found that with a pedometer, people challenge themselves because they want to see their numbers go up. The more steps they take on the course, the healthier their experience will be.”

In 2010, The PGA of America joined the Healthy Weight Commitment Foundation as its 100th member. The PGA will continually contribute to the Foundation's campaign to promote ways to help people achieve a healthy weight by promoting the health and wellness benefits of golf.

For more information on Play Golf America and “Let’s Move on Course!,” consumers can visit PlayGolfAmerica.com.

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 Hospital for Special Surgery

Founded in 1863, Hospital for Special Surgery (HSS) is a world leader in orthopedics, rheumatology and rehabilitation. HSS is nationally ranked No. 1 in orthopedics, No. 2 in rheumatology, No. 19 in neurology, and No. 16 in geriatrics by *U.S. News & World Report* (2011-12), and has received Magnet Recognition for Excellence in Nursing Service from the American Nurses Credentialing Center, and has one of the lowest infection rates in the country. From 2007 to 2011, HSS has been a recipient of the HealthGrades Joint Replacement Excellence Award. A member of the NewYork-Presbyterian Healthcare System and an affiliate of Weill Cornell Medical College, HSS provides orthopedic and rheumatologic patient care at NewYork-Presbyterian Hospital at New York Weill Cornell Medical Center. All Hospital for Special Surgery medical staff are on the faculty of Weill Cornell Medical College. The hospital's research division is internationally recognized as a leader in the investigation of musculoskeletal and autoimmune diseases. Hospital for Special Surgery is located in New York City and online at www.hss.edu.