

An aerial photograph of a fly fisher in a river. The fisher is wearing a hat and waders, and is in the middle of a cast. The river is surrounded by dense green trees. The text 'vive.' is overlaid at the top in a large, white, serif font. Below it, the words 'Dwell', 'Live', 'Engage', and 'Thrive' are separated by vertical lines. At the bottom, the title 'CAST AWAY' is in a large, white, serif font, followed by 'GET HOOKED ON FLY FISHING' and 'summer 2022' in smaller, white, sans-serif fonts. The photographer's name 'Matthew Franklin Carter' is in the bottom left corner.

# vive.

Dwell | Live | Engage | Thrive

## CAST AWAY

GET HOOKED ON FLY FISHING

summer 2022

photograph by  
Matthew Franklin Carter



# Game of a Lifetime

Try this ancient sport—or keep at it—for fresh air, fitness, and fun

story by Nichole Livengood

Sean Kennedy's father introduced him to the game of golf at the age of seven, and by the time he was eleven, he was hooked. He played golf in high school and landed a spot on the College of Charleston Men's Golf Team. After graduation, he made teaching the technical elements of golf his career. As The Cliffs Communities PGA director of instruction, he shares his love of the sport with people of all ages.

**“I see golf as more of a mental health boost. There is no mastery of this game. That’s what intrigues me the most.”**

*Sean Kennedy*



Sean Kennedy, director of golf instruction at The Cliffs Communities  
*photo by Andy Lukacs-Ormond*



Cherokee Valley  
Golf Course  
*photo by Will Crooks*

Golf is often referred to as the game of a lifetime because players’ ages range from toddler to over a hundred years old. Like Kennedy, many golfers pick the game up early and never retire their clubs. It is a sport that not only spans ages, but continents; golf is popular across the globe. There are currently more than 16,000 golf courses in the United States, and more than 38,000 worldwide, according to the National Golf Foundation. And it’s not just a sport for men. One quarter of golfers are women.

“The game is a great metaphor for life,” Kennedy says. “Life comes at you fast and presents constant problems to solve. You are constantly managing emotions and learning new skills and techniques to help solve those problems. Golf is all-encompassing: physical, psychological, and social—a little microcosm of the human experience.”

Spending time outdoors soaking up the sunshine is one of the top benefits of the sport, but there’s a long list of additional health benefits. The R&A Golf and Health report cited a study published by the Scandinavian Journal of Medicine and Science in Sports reporting that golfers live five years longer than non-golfers.



**DID YOU KNOW?**

At the end of 2021, there were  
**16,000** golf courses at  
**14,000** facilities

That's more golf courses nationwide than Starbucks or McDonald's stores



Source: National Golf Foundation

It might be time to try a golf bag pushcart and skip the golf cart. A walking game of golf is considered moderate exercise and can help prevent and treat diseases including diabetes, heart attack, stroke, cancer, depression, and dementia. Golf also improves balance and muscle endurance as well as cardiovascular, respiratory, and metabolic health. The sport reduces the risk of isolation, anxiety, and depression, and improves self-esteem.

“I see golf as more of a mental health boost,” says Kennedy. “There is no mastery of this game. That’s what intrigues me the most.” **V.**

**Ready to hit the links? Here are a few area courses to try:**

- Cherokee Valley Course and Club** 🌿  
*450 Cherokee Valley Way, Travelers Rest*
- Holly Tree Country Club** 🌿  
*500 Golf Club Dr, Simpsonville*
- The Preserve at Verdae Golf Club** 🌿  
*650 Verdae Blvd, Greenville*
- Furman University Golf Club** 🌿  
*400 N Hwy 25 Bypass, Greenville*
- Carolina Springs Golf Club** 🌿  
*1680 Scuffletown Rd, Fountain Inn*
- Paris Mountain Country Club** 🌿  
*301 Old Rockhouse Rd, Greenville*
- Southern Oaks Golf Course** 🌿  
*105 Southern Oaks Dr, Easley*
- River Falls Plantation** 🌿  
*100 Player Blvd, Duncan*
- Willow Creek Golf Club** 🌿  
*205 Sandy Run Dr, Greer*
- Pebble Creek Country Club** 🌿  
*101 Pebble Creek Dr, Taylors*