

# Bowling

PROVIDES AN  
EXCELLENT  
SOURCE OF  
SOCIAL  
INTERACTION

POSITIVE SOCIAL  
INTERACTIONS  
CAN IMPROVE  
PHYSICAL HEALTH  
AND INCREASE  
QUALITY OF LIFE

## GO BOWLING *Today!*



# Bowling

IS A HEALTHY  
WAY TO LIVE

*For more literature, contact USBC Youth*  
(800) 514-BOWL (2695) *or* [contactus@bowl.com](mailto:contactus@bowl.com)

# Physical health

## KNOW THE FACTS

- 1 **BURNS CALORIES**  
🕒 100+ PER HOUR
- 2 **BUILDS MUSCLE**  
134 MUSCLES EXHAUSTED IN A 4-STEP APPROACH
- 3 **WEIGHT-BEARING SPORT**  
BUILDS STRONG BONES
- 4 **SUSTAINS HAND & EYE COORDINATION**  
👤 → 👁️
- 5 **3 GAMES = 1 MILES OF WALKING**  
🎳 3 GAMES = 1 MILE
- 6 **PROMOTES BALANCE & COORDINATION**

**Did you know...**  
THE DISTANCE FROM THE PITCHER'S MOUND TO HOME PLATE IS APPROXIMATELY THE SAME LENGTH AS A BOWLING LANE.

# Social health

## SOMETHING FOR EVERYONE

- 1 **FAMILY BONDING**  
FUN FOR KIDS & PARENTS TOO
- 2 **MAKE MEMORIES**  
CELEBRATE SPECIAL OCCASIONS
- 3 **LIFETIME SPORT**
- 4 **FUN FOR EVERYONE**  
NO BARRIERS
- 5 **MAKE NEW FRIENDS**

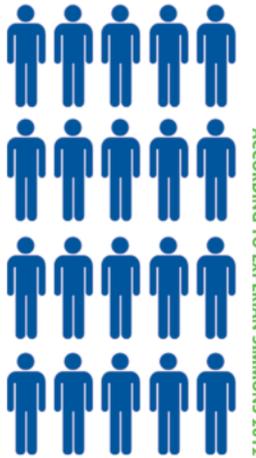
**Bowling** OFFERS KIDS OF ALL AGES, SIZES AND ABILITIES THE OPPORTUNITY TO HAVE FUN AND LEARN A LIFELONG SPORT.

# DID YOU know?

**NEARLY 300 colleges** OFFER BOWLING - MORE THAN HALF OFFER SCHOLARSHIPS

THE BOWLING INDUSTRY PROVIDES MORE THAN **\$13 million** IN SCHOLARSHIPS EACH YEAR

**COLLEGIATE BOWLING IS NATIONALLY TELEVISED**



**15+ million** AMERICANS AGE 17 AND UNDER BOWL EACH YEAR

ACCORDING TO EXPERIAN SIMMONS 2012



**47 states** IN THE U.S. HAVE ESTABLISHED HIGH SCHOOL BOWLING PROGRAMS

ACCORDING TO THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS, MORE THAN

**58,000** KIDS BOWL IN HIGH SCHOOL VARSITY COMPETITION