

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

DID YOU *know*?

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**



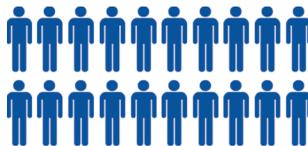
5 **3 GAMES = 1 MILE OF WALKING**

3 GAMES
EQUALS 1 MILE

6 **PROMOTES FAMILY BONDING**

FUN FOR KIDS & PARENTS TOO

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



ACCORDING TO EXPERIAN/SIMMONS 2012
15+ million
AMERICANS AGE 17 AND UNDER BOWL EACH YEAR



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