

# Bowling

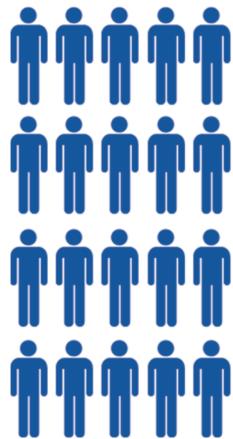
## IS A HEALTHY WAY TO LIVE

### DID YOU *know*?

NEARLY **300 colleges** OFFER BOWLING & NEARLY 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

### 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 MILE 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.

# GO BOWLING Today!

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