

**BOWLING**  
PROVIDES AN  
EXCELLENT  
SOURCE OF  
SOCIAL  
INTERACTION

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

**GO BOWLING TODAY!**

FOR MORE LITERATURE, CONTACT IBC YOUTH  
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**BOWLING**  
**IS A HEALTHY**  
**WAY TO LIVE**



# PHYSICAL HEALTH

## KNOW THE FACTS

- BURNS CALORIES**  
100+ PER HOUR
- BUILDS MUSCLE**  
134 MUSCLES EXHAUSTED IN A 4 STEP APPROACH
- WEIGHT BEARING SPORT**  
BUILDS STRONG BONES
- SUSTAINS HAND & EYE COORDINATION**
- 3 GAMES = 1 MILES OF WALKING**  
3 GAMES EQUALS 1 MILE
- 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

- FAMILY BONDING**  
FUN FOR KIDS & PARENTS TOO
- MAKE MEMORIES**  
CELEBRATE SPECIAL OCCASIONS
- LIFETIME SPORT**
- FUN FOR EVERYONE**  
NO BARRIERS
- 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?



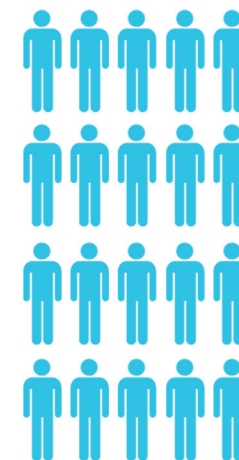
**250+ COLLEGES**  
OFFER SCHOLARSHIPS FOR BOWLING

THE BOWLING INDUSTRY PROVIDES MORE THAN

**\$6 MILLION**  
IN SCHOLARSHIPS EACH YEAR



**COLLEGIATE BOWLING IS NATIONALLY TELEVISED**



ACCORDING TO EXPERIAN SIMMONS 2012

**20+ MILLION**  
AMERICANS AGE 17 AND UNDER BOWL EACH YEAR



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

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

**54,000** KIDS BOWL IN HIGH SCHOOL VARSITY COMPETITION