



# BOWLING IS A HEALTHY WAY TO LIVE

## 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**  
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

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



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



BOWLING

PROVIDES AN  
EXCELLENT  
SOURCE OF  
SOCIAL  
INTERACTION

POSITIVE SOCIAL  
INTERACTIONS

CAN IMPROVE  
PHYSICAL HEALTH  
AND INCREASE  
QUALITY OF LIFE

GO BOWLING TODAY!

YD0024

