

BOWLING IS A HEALTHY WAY TO LIVE



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



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.