

BOWLING'S HEALTH BENEFITS

Among bowling's health benefits...

- Bowling burns roughly 240 calories per hour of activity.
- It strengthens and tones your arm, shoulder, chest, and leg muscles.
- It improves heart and respiratory fitness.
- It increases endurance while maintaining bone density.
- It speeds up your metabolism.
- An average bowler swings a bowling ball a full 360 degrees (200 degree back swing, 160 degree down swing).
- An average bowler with a 16-pound ball swings 864 pounds full circle in a three-game series (54 shots times 16 pounds per shot). That is well over one-third of a ton.
- An average bowler walks an average of 60 feet per turn, or about 6/10 of a mile in a three-game series.
- The social aspect of bowling helps improve your mental outlook.
- Bowling is a lifetime sport. It is one of the few sports that allow you to compete at a high level at an older age.
- Bowling provides an exercise option for those with physical limitations.
- The millions of dollars of scholarships awarded annually to youth bowlers help them reach their educational goals, which keeps our nation as a whole healthy.

Source: Bowling Proprietors' Association of America