

THE HEALTHY BENEFITS OF BOWLING

THE STATS:

- Burns roughly **240 CALORIES PER HOUR** of activity
- Strengthens and tones your arm, shoulder, chest, and leg muscles
- Improves heart and respiratory fitness
- Increases endurance while maintaining bone density
- Speeds up your metabolism

FIT FACTS:

- An average bowler swings a bowling ball a **full 360 degrees** (200-degree backswing, 160-degree downswing).
- 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).
- An average bowler walks an average of **60 feet per turn**, or about six-tenths 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 allows you to compete at a high level at an older age.
- Bowling provides an exercise option for those with physical limitations.

Source: Bowling Proprietors' Association of America

