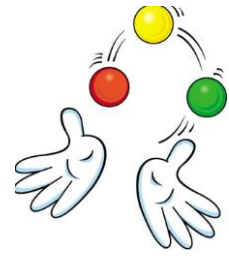


Health Benefits of Bowling

Numerous articles highlight the physical and mental benefits of bowling, some of which are outlined below:

Bowling is a low-impact activity that enhances hand-eye co-ordination, cognitive skills, and balance. It boosts aerobic fitness and balance for individuals of any age and physical capability, making it a universally accessible sport.



It can bolster confidence and self-esteem, as well as improve mental wellbeing through socialising.



Bowling can involve a surprising amount of walking, which provides a substantial workout for the arms. It is gentle on the joints and muscles, making it especially beneficial for older adults, while still offering a significant form of exercise.

One of the many benefits of bowls is its social aspect. Since it is typically played in large groups, it is excellent for making new friends. Additionally, it can enhance your mood and serve as a gentle introduction to fitness, among other advantages such as:

- ✓ Improving muscle strength and offsetting muscle loss, reducing frailty and weakness;
- ✓ Improving flexibility and endurance;
- ✓ Helps alleviate depression, anxiety, and stress by boosting levels of endorphins in the body;
- ✓ Helps improve co-ordination and concentration;
- ✓ Improving confidence;
- ✓ Teaching self-discipline;
- ✓ Improving social skills;
- ✓ Giving a sense of belonging;
- ✓ Reducing the risk of heart disease;
- ✓ Reducing the risk of Type 2 Diabetes;
- ✓ Reducing the risk of stroke.



So why not give it a go!!! Come down to Gedling Indoor Bowling Club for a free taster session - just contact us by phone on 0115 9617623 or on our website, www.gedlingibc.co.uk, to arrange a free taster session and learn all about the game.

Fitforme.info
Bowls.co.uk

