



# The Health Benefits of Bowls: A Sport for Every Body

GEDLING INDOOR  
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Bowls is more than a relaxing game — it's a full-body activity with real physical, mental, and social benefits, suitable for all levels of fitness. Whether you're eight or eighty, new or experienced, bowls is a gentle, accessible way to stay active, meet people, and boost your wellbeing.

## Physical Health Benefits



### Improved fitness

A single game can see you walk over 5 km in short bursts.

### Muscle strengthening

Lifting and rolling bowls engages arms, legs, and your core.

### Better balance and flexibility

Repetitive movement improves mobility and helps prevent falls.

### Cardiovascular health

Light aerobic movement improves circulation and reduces the risk of heart disease or stroke.

### Co-ordination and precision

Aiming for the jack boosts hand-eye co-ordination and concentration.

## Mental Health & Wellbeing



### Enhanced mood

Exercise releases endorphins that naturally improve your mental state.

### Stress relief

The rhythm and focus of the game are calming.

### Confidence and self-esteem

Skill development and social support help you feel good about yourself.

## Social Benefits



### Community connection

Bowls brings people together, making it easy to meet new friends.

### Intergenerational play

The sport is suitable for all ages, so families can play together.

### Inclusive environment

Clubs often offer roles for volunteers and welcome people of all abilities.

## Getting Started

You don't need to be a club member to try bowls. At Gedling Indoor Bowls Club, we offer "barefoot bowls," an informal, social version of the game where we can provide the equipment needed for you to give it a go. It's especially popular with 20-30-year-olds looking for a relaxed, social night out and for the retired who want to keep fit physically and mentally.

If you want to get more involved, then you can consider joining. It's a great way to enjoy regular games, meet fellow players, and even take part in competitions.

### Book a one-hour Free Taster Session Now!

Email: [gedling.bowls@btconnect.com](mailto:gedling.bowls@btconnect.com) or get in touch via our website [www.gedlingibc.co.uk](http://www.gedlingibc.co.uk)

**Sources** - British Heart Foundation - Heart Matters Magazine, Fitforme.info, Bowls.co.uk