

Title:

3 Health Benefits of Bowling: Tone Those Muscles and Make a Strike!

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Summary:

Among the many sports that man has ever played, perhaps, bowling is the most popular among all

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Article Body:

Among the many sports that man has ever played, perhaps, bowling is the most popular among all

Among the many reasons this particular sport has remained at top of is the fact that it is a h

About 95% of bowlers consider bowling as a sport that can be exploited as a recreation, a form

The simplicity of the game contributes to its adaptability. Because its rules are easier to un

With all these advantages, many people are still not aware of the health benefits that bowling

So for those who are not yet aware of these benefits, here is a list that you should know:

1. Promotes good muscle exercises

Merely walking along the lane, while attempting to make a strike or a spare, is enough to exer

Consequently, as you swing around to hit the pins, the flexing and stretching provides adequat

2. Fat burning

As your muscles flex, turn, and twist in every swinging motion that you make while playing bow

3. Builds friendships

One of the health benefits that can be derived in bowling is based on the kind of relationship

Indeed, there can be no better or enjoyable way to live a healthy life than bowling can.

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