

Title:

Bowling Safety: Playing Out of Harm's Way

Word Count:

384

Summary:

There are so many great things about bowling that many people are lured to play the game.

Keywords:

bowling techniques, bowling tips, bowling technique, bowling rules, bowling score, history of

Article Body:

There are so many great things about bowling that many people are lured to play the game.

Almost anyone who is interested in sports would probably want to try to bowl. In fact, even the

No wonder almost 50 million people play this game in the United States, with over 6 million bowlers

With so many people playing it is important to know something about bowling safety. Many players

Here are some of the things that each player must try to observe in order to avoid serious injuries

#### 1. Warm-up exercises

Basically, it is important to have for warm-up exercises before playing the sport. This is a usual

It is important to stretch those muscles in order to avoid serious injuries like "pulled" or torn

#### 2. Wear the proper bowling shoes

It is important for every bowler to use the right bowling shoes. This will prevent unnecessary

#### 3. Never use one hand in handling the ball

This can create strains of the player's hands and back. Statistical reports show that 7 out of 10

#### 4. Never intersect on the "foul line"

Usually, before the game starts, the lane is lubricated, so if a player crosses the "foul line"

These are just some of the many safety rules that every bowler must know. Without understanding

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