

All About Bowling

**BOWLING IS THE #1 PARTICIPATION SPORT IN THE U.S.
WITH MORE THAN 66 MILLION PEOPLE BOWLING ANNUALLY**

**BOWLING HAS A \$10 BILLION ANNUAL IMPACT ON THE U.S. ECONOMY
WITH 5,498 CENTERS CONSISTING OF 113,897 LANES**

BOWLING IS HEALTHY:

- ✗ The average adult bowler burns 240 calories per hour
- ✗ 3 games of bowling = 1 mile of walking
- ✗ Bowlers use 134 muscles during the basic 4-step approach
- ✗ An average bowler swings 864 pounds full circle in a 3 game series
- ✗ Bowling is a weight bearing sport which helps build strong healthy bones
- ✗ Bowling requires mental focus and helps develop discipline
- ✗ Bowling provides an exercise option for those with physical limitations

BOWLING IS A LIFETIME SPORT FOR ALL:

- ✗ Bowling is one of the world's oldest sports, invented 5,000 years ago and is now popular in over 100 countries
- ✗ The youngest to bowl a perfect 300 was only 10 years old
- ✗ The oldest to bowl a perfect 300 was 87 years old
- ✗ The rules are the same for young and old, male and female

BOWLING IS POPULAR AMONG YOUTH:

- ✗ 10 million kids celebrate their birthday in a bowling center each year, making bowling centers the #1 birthday party destination for kids 12 & under
- ✗ Bowling is the decade's fastest-growing American high school sport up 6% in 2006-07
- ✗ For the first time in 2006-07, more than 2,000 schools offered boys and girls bowling programs
- ✗ 45 states have varsity or club-level bowling

