



Bowling Beneficial for Health

Knock down some pins and strike up friendships

by Abby Malik, *Staff Writer*

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In bowling, there are many things to consider: What size ball should I use? How do I perfect a spin? Should I buy my own shoes? And why aren't those pins falling down?

One thing you might not have considered is how beneficial bowling is to your health, both physically and emotionally. Studies have shown that older adults who have active social lives are happier and healthier, and a more active life can be found at the bowling alley.

Danny Collins, president of Collins Bowling Centers in Lexington, says older adults are interested in bowling for many of the same reasons

other people are. In particular, people are attracted to the social interaction opportunities found through bowling.

"People like the social aspects of bowling, being with friends and enjoying friendly competition," Collins said. "Also, the health aspect of getting out of the house and doing something is very appealing."

The sport can serve as a fun escape from stressful daily activities. It encourages healthy competition and boosts self-esteem. Bowling also gives your body the physical exercise it needs to stay healthy and strong. In addition to burning calories through consistent movement, bowlers can also build muscle and

increase their flexibility. Bowling has a low risk of injury compared to other activities.

People who enjoy bowling might consider joining a league. Collins says joining a league provides a great meeting place and an opportunity to be with friends in a welcoming environment. In addition to the actual bowling, birthdays and anniversaries are celebrated during league play, along with holiday potlucks and parties. This can provide individuals with a much-needed sense of community and family.

Collins Bowling Centers has two locations, one in Southland at 205 Southland Drive and the other in Eastland at 750 E. New Circle Road. Both offer senior bowling leagues during the summer and fall.

"All these leagues welcome new members into their groups because it's exciting to meet new people and share fun times together," Collins said. Anyone who's interested in becoming part of a league can join to make new friends, or a current group of friends can join a league together.

The summer senior bowling league at Eastland began in late April and runs for eight to 10 weeks. The fall league begins Aug. 22 and runs for 32 weeks.

At Southland Bowling Center, the summer senior league begins May 15. Fall leagues begin in August and run for about 30 weeks.

More information about leagues at Collins Bowling Centers can be found online at www.collinsbowling.com or by calling Eastland at (859) 252-3429 or Southland at (859) 277-5746. You can also sign up for Collins Bowling Centers' newsletter on the Web site to stay up to date with events, news and league information.

Having a Ball

If you're interested in joining a league or bowling on your own, you might consider purchasing your own ball. Owning your bowling ball can help provide a sense of ownership and pride in your game. It also allows you to create a ball that specifically fits your finger and hand size and weight preference. Bluegrass Bowling and Golf Supply, LLC, is a pro shop located inside both Eastland and Southland bowling centers that sells bowling balls, bags and shoes.



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