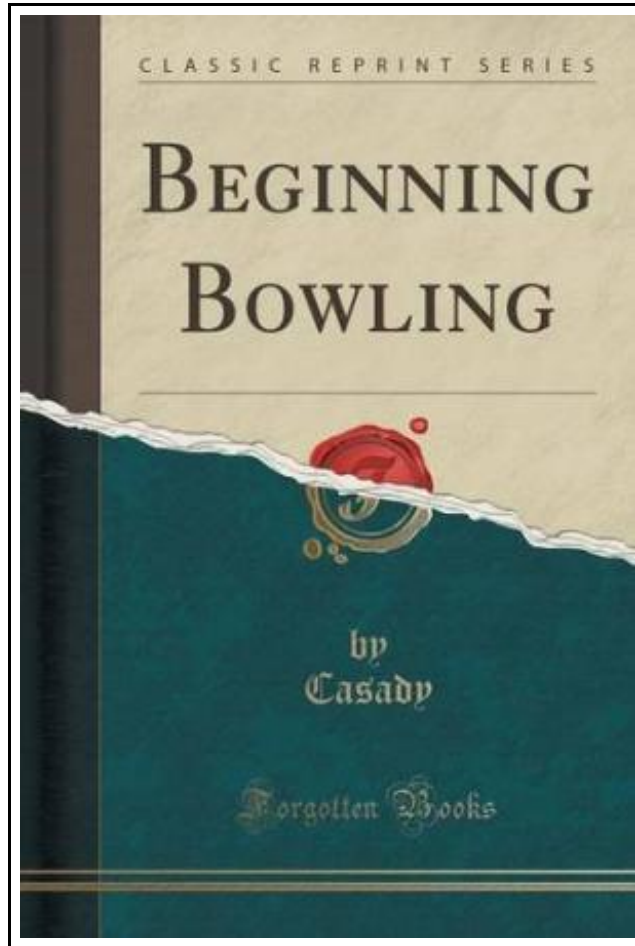


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Reviews

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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Beginning Bowling Bowling is today one of the nation s most popular recreational activities. Almost every community, regardless of size, has a bowling establishment where individuals and league teams may bowl. At the present time, it is estimated that nearly 30,000,000 bowlers spend more than one billion dollars on bowling every year. By 1970, the number of bowlers is expected to increase to 40,000,000. Of all indoor sports, bowling is by far the most popular. Bowling is a sport not reserved exclusively for the athlete. Elements of size, physical strength, and so on, have little influence on ones skill as a bowler. Nor is the enjoyment of the activity limited by the age or sex of the participant. People of all ages, children and senior citizens, men and women, can participate in this sport with a high degree of competence. Still, bowling demands enough physical activity to provide much of the exercise needed for maintaining good health. The need for and value of regular participation in some form of moderate exercise has been given a great deal of attention by scientific and medical authorities. Evidence gleaned from numerous studies indicates that there is a definite relationship between physical exercise and level of health, particularly the condition of the cardiovascular system. Thousands of workers in sedentary occupations find in bowling the means to get their much-needed exercise. Physical exercise, however, is not all that bowling has to offer. The nature of the game demands that the participants be continually alert, and that their minds function from beginning to end with continued attention to matters of form, keeping score, and so on. Another and highly important benefit...



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