

## **Time to Strike Off Some Pounds and Roll Away an Extra Inch – Go Bowling**

*South Eastern Michigan Bowling Centers Association members say that families who lose together, have fun together*

- Bowling is a great way to get some exercise, using more than 130 different muscles
- Playing 3 games of bowling is equivalent to walking 1 mile and can burn nearly 200 calories
- Bowling provides great family bonding time

Jan. 14, 2015 – Troy MI – As the Great Michigan Winter begins to settle in there's no need for Michiganders themselves to settle in. All of those holiday festivities invariably pile on a few pounds at least and there's not much incentive to get outside (except to shovel snow) and get rid of them. The gyms are usually full – and expensive, you may already have some serious exercise equipment acting as a clothes rack – so why not have some fun and work off a pound or two by going bowling at a nearby [South Eastern Michigan Bowling Centers Association](#) member center.

Bowling is a great way to exercise more than a hundred muscles – that probably haven't been challenged for awhile – burn a bunch of calories and just enjoy! Everyone from little kids to grandparents can bowl together and, the cost of a game includes the use of a ball and shoes.

It's a great way to get or stay in shape and practice some inexpensive family quality time. Find the nearest family-friendly bowling center member on their website, [www.sembca.com](http://www.sembca.com) and on Facebook at <https://www.facebook.com/pages/South-Eastern-Michigan-Bowling-Centers-Association/1400514853556202>

### **About the South Eastern Michigan Bowling Centers Association**

The bowling centers in Southeast Michigan, from Sterling Heights to South Lyon, are dedicated to raising awareness, promoting participation and enhancing the bowling experience for everyone. Joined together as SEMBCA, its growing membership know that bowling is the only sport where everything required for participation – balls, pins, shoes and refreshments – is available onsite and year-round. For more than 50 years the members of SEMBCA have strived to reach out to the local community by providing charitable fund-raising opportunities, corporate employee involvement and wholesome family fun for all ages. Bowling can also be educational, with more than 20 million kids under 17 bowling each year and many going on to the 250 colleges and universities that offer bowling as a sport, with some even benefitting from the \$6 million in college bowling scholarships.

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