

## **Take A Break from Holiday Hustle and Bustle by Bowling, says South Eastern Michigan Bowling Centers Association**

- Bowling provides a change of pace during hectic holiday season
- Playing 3 games of bowling is equivalent to walking 1 mile and can burn nearly 200 calories
- Bowling is a great way to get some exercise that doesn't involve shoveling or tramping through malls as more than 130 different muscles are used

Dec. 9, 2014 – Troy MI - Whether it's taking a break from shopping or taking a break from decorating or taking a break between holiday events, it's a good time to go bowling.

The more than 35 members of the [South Eastern Michigan Bowling Centers Association](#) (SEMBCA) suggest that bowling is a great way to clear your head (by hitting that head pin at just the right angle), clear that tension (and not leave a split) and having fun to spare with the whole family. You can drop everything and go because you can obtain everything you need from shoes to balls at your nearest SEMBCA member center. Bring the kids, grandma and grandpa – even that favorite Uncle – and have a blast even if you only relax with a beverage and watch the fun.

SEMBCA members can be found 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 more than 35 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 members 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.

Media contact: Sue Voyles, 734-667-2005