

## **September is Healthy Aging Month – So Age Healthily and Go Bowling**

Everyone knows that getting enough sleep, eating right and keeping active are the keys to living longer – and enjoying life more.

The “keeping active” part is hard for some folks to actually *do*. So the more than 35 members of the [South East Michigan Bowling Centers Association](#) offer a bit of practical advice: no matter how old you are, go bowling.

Did you know the oldest bowling league member was 107 years old? Or that bowlers in their 90s still bowl perfect 300 games? Bowling is a great lifelong sport that keeps everyone from little kids to really old kids in good humor as well as good shape. Bowlers use more than 130 muscles during a game and burn close to 200 calories – so think of all those calories burned in a lifetime... .

You can bowl by yourself, with a few friends – or join a Fall bowling league. They’re starting up now for all ages – and there’s a South East Michigan Bowling Center not that far away. Find the nearest one at [www.sembca.com](http://www.sembca.com) – the new online home of the South East Michigan Bowling Centers Association.

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### **About the South East 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.