

That's the way we roll – after Thanksgiving dinner we go bowling!

South Eastern Michigan Bowling Centers Association Encourages Families to Enjoy Bowling Together on Thanksgiving Weekend

Bowling is good exercise as more than 130 different muscles are used. Bowling builds muscles and strong bones, and helps sustain hand-eye coordination. Playing 3 games of bowling is equivalent to walking 1 mile and can burn nearly 200 calories.

Nov. 20, 2014 - Troy, MI - What better way to work off that notorious turkey dinner overload than to roll a couple of bowling games – and make it a family affair? Bowling burns calories, gets the heart pumping and adrenalin flowing and (usually) won't result in another argument with that know-it-all Uncle.

The more than 35 members of the [South Eastern Michigan Bowling Centers Association](#) (SEMBCA) point out that they have open bowling Thanksgiving weekend so it's easy to drop in, get your shoes and balls and head for the lanes. Even if someone has never bowled a frame in their life, SEMBCA member centers have patient coaches who can teach everyone, from little kids to grandma, how to have fun with 10 pins.

Even with the big Thanksgiving parade, early Black Friday sales and all that football, bowling is still an excellent way to get the whole family involved in a sport that can be played for life.

SEMBCA members can be found on their website, 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.

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