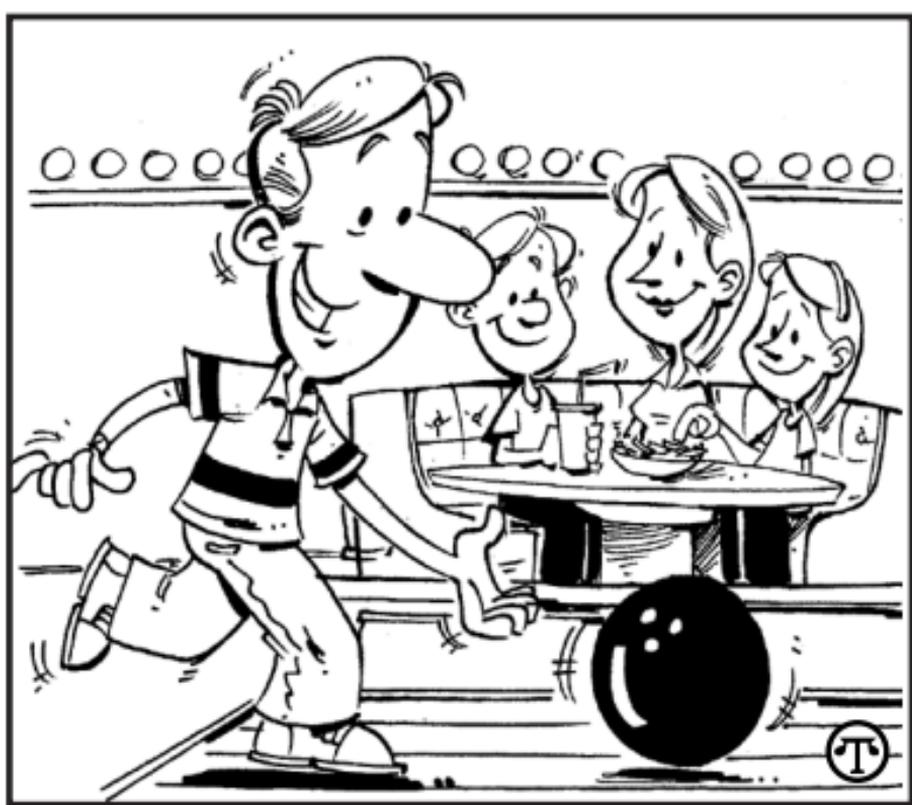


MAKING DAILY LIFE MORE FUN



It's Good To Let Go

(NAPSA)—Bowling is more than a game. For many people it offers an occasion to have stress-free time with family and friends—a time to enjoy one another—without complicated rules, schedules or the pressure to perform.



Bowling is a fun way to de-stress and spend time with the family.

According to the experts at AMF Bowling, the game offers people a recess from the everyday grind of work and school. Playing offers a chance to get refreshed and recharged for life.

First and foremost, bowling is all about having fun. For many, it's a social activity that happens to include rolling a ball down a lane and knocking down pins. Since it's fun to bowl with friends and family, the appeal is more about social interaction, than the mechanics of the game.

"I like bowling because it's a real break from my everyday routine," said Morgan Hunt of Walnut Creek, California. "It gives me time to relax with my family. We can just show up, unwind and 'roll away' our stress. Everyone can play however they want—anywhere from serious to really silly. We can joke around, make a lot of noise and ham it up without ruffling any feathers."

A change from the more typical movie or dinner, bowling offers the opportunity to get out of the house and have fun together—earning the game a high score from today's busy Americans.

League bowlers have discovered the secret: bowling keeps them connected with friends and family, offers fun, friendly competition and provides a great stress release.

To learn more, visit AMF's Web site at www.amfcenters.com.