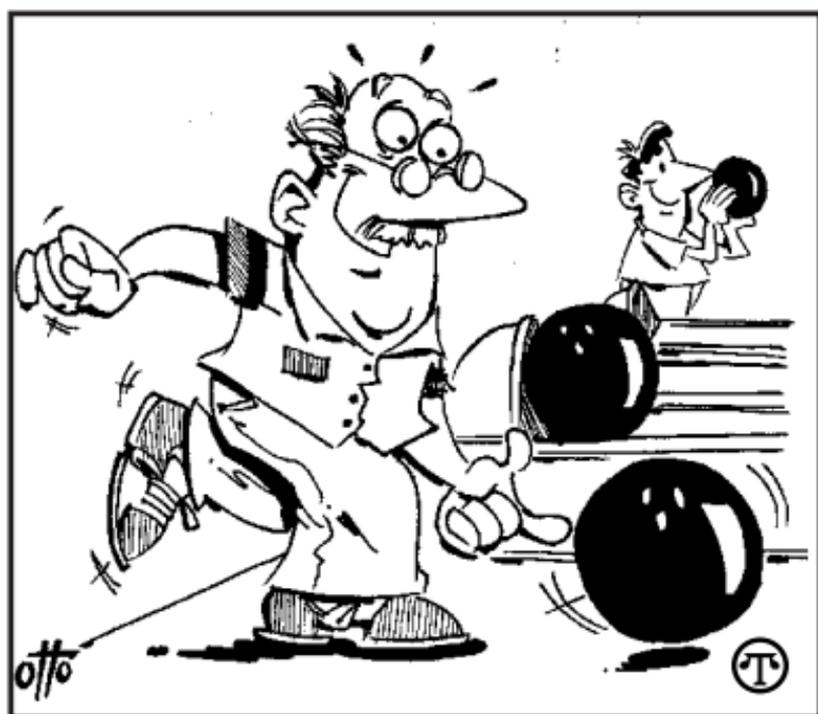




Fitness Facts

Pinning Down Ways To Stay Fit

(NAPSA)—For a number of Americans, the road to health has led to bowling lanes. Bowling has become a popular—and fun—way for adults to keep their minds and bodies sharp.



Bowling has become a popular way for older Americans to stay fit and have fun.

Doctors say regularly lifting and rolling a bowling ball provides many of the same health benefits—such as improved balance and endurance—as some weight bearing exercises, yet it is less stressful on older people's joints than higher impact sports such as running or speed-walking.

In addition, the aerobic benefits of bowling can help older people burn calories, lose weight and feel invigorated.

Perhaps just as important, however, going bowling can serve as a fun social activity. Studies show older Americans who remain socially active tend to live longer, more healthy lives than those who do not.

For more information, visit www.amf.com.