

LAWN BOWLS FOR HEALTH AND WELLBEING



Lawn Bowls is a low impact activity that combines hand-eye co-ordination with cognitive skills and balance to get the asymmetrical bowls closest to the jack. It improves aerobic fitness and balance and can be done inside and outside, at any age and physical activity, making it all inclusive.

COMMONWEALTH GAMES FACT:

Lawn bowls debuted in the Commonwealth Games in 1930. Watch Lawn bowls this Commonwealth Games at Victoria Park, Royal Leamington Spa.

General Wellbeing Benefits

Lawn bowls is a low-moderate intensity activity and thus may help these aspects of your wellbeing:

IMPROVES

Sleep	Stress
Mood	Irritability
Confidence & self-esteem	Loneliness & social isolation
Memory and cognition	Fatigue

REDUCES

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many Cancers	Anxiety
Diabetes	Blood glucose levels
Heart Attack	Cholesterol
Stroke	Menopause
Dementia	Joint & muscle pain

HELPS & IMPROVES

Lawn bowls has specific evidence to improve:

Leg strength	Balance
Reaction times	Joint mobility
Fitness	Mental health
Feeling part of a community	Staying active
Meeting people	Successful ageing

Lawn bowls counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

GET INVOLVED

Where you can play lawn bowls:

Lawn bowl clubs

Local parks and green spaces

Back garden

Leisure and wellbeing centres

www.sportbirmingham.org

Other lawn bowls opportunities:

Just Bowl

This Girl Can

We Are Undefeatable

www.bowlsengland.com

www.movingmedicine.ac.uk

Author: Dr Lisa Hyland



A BOLDER HEALTHIER BIRMINGHAM