

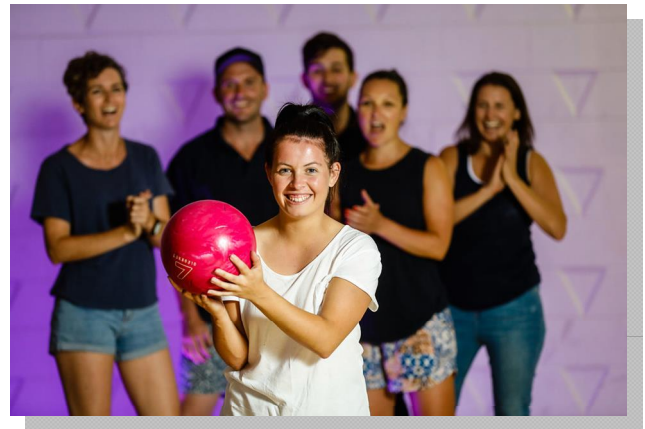


## Active April and Tenpin Bowling

People who bowl already know the benefits; not only loads of fun, laughs, friendships and memories but a chance to build strength, focus, concentration and achievement. We celebrate the strikes and spares, cheer each other on and look forward to our return visit. What better way to share the benefits of bowling than via the Victorian Premier's 'Active April'.

It's part of the Victorian Government's commitment to promote healthy and active lifestyles and get Victorians to join in the fun of increased physical activity. Tenpin bowling have partnered with the initiative to remind people about bowling as part of an active lifestyle – a fun way to increase physical activity levels with friends, family or alone; for any body.

Whilst the focus of tenpin's involvement has centred around the 'Stride n Strike' initiative (<https://www.facebook.com/stridenstrike>) it's also a great reminder for all Active April participants to consider bowling when they think about increasing their activity. The Stride n Strike campaign is slowly growing in awareness, rewarded by a half price bowl, participants only need to 'walk' to their centre to enjoy the benefits. Not only have they increased their activity levels two-fold but they've connected with their local tenpin centre, potentially reminding themselves of the fun to be had there.



Cheer your friends on in an active game of tenpin!

The Active April campaign also rewards participants with discounts and prizes, tenpin haven't missed out on this opportunity either, offering two games as part of the Teams Challenge. "Creating a team is a great way to get involved and keep yourself and your friends accountable to reach your goals". (<https://www.activeapril.vic.gov.au/special-offers/prizes/teams-plus-challenge-1-2/>)

It's never too late to take up bowling or visit your local centre, why not throw a few down your local lanes today?

20/04/2017

