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Welcome to the Port Perry Lawn Bowling Club  
For Current Events & Activities

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A cool afternoon game at the Port Perry Lawn Bowling Club

## New Members Cheerfully Welcomed at Port Perry Lawn Bowling Club



**Six good reasons to become a member.**

### Benefits of Bowls #1 - Sheer Pleasure



Consider this your invitation to join the Port Perry Lawn Bowling Club. Lawn bowling or simply bowls has been played in one form or another for thousands of years. The game combines strategy, competition, sociability and affordability but mainly a whole lot of fun. It's simple to learn and takes a lifetime to master.



## Benefits of Bowls #2 Muscle Strengthening

It can reduce the effects of Sarcopenia. This is a syndrome that results in a progressive and generalized loss of skeletal muscle mass. This reduces physical strength and it is strictly correlated with physical disability, poor quality of life and even death. Risk factors for sarcopenia include age, gender and level of physical activity.



## Benefits of Bowls # 3 - Vascular Health

Your physical activities are beneficial for a healthy heart. Intense, or as leisurely as a walk in the park, any exercise is essential for a healthy vascular system. The sport of lawn bowls provides a moderate form of exercise. Not only does it strengthen the heart muscle, but it is also a lot of fun. Contact the Club today and begin a regular routine that will benefit you immensely.

Please support those who support our Club



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## Benefits of Bowls # 4 - Promote Physical Functioning



Free and independent movement is key to feeling good. In life, feeling good is your #1 priority. With aging, biological changes occur and many adults limit their physical functioning due to a lack of activity. This means day to day activities suffer. Lawn bowls helps improve stability, continence, mobility and above all, confidence in your physical capabilities.

## Benefits of Bowls # 5 - Promote Cognitive Health



Coordination, mobility, agility and strategy are all enhanced by playing lawn bowls. Motor skills and brain health improve. By concentrating and refining your tactics you will increase your mental alertness, motor skills and strengthen your brain. It also supplements spatial awareness. Why not join our Club and enjoy these and other benefits. Click this image for more details.

## Benefits of Bowls # 6 - Improved Social Enjoyment



Lawn bowls is a community sport. It gets people together. It increases camaraderie and social enjoyment and combines it with outdoor physical activity. Fact: exercising and outdoor activities with others are two of the key factors that improve social pleasure and community involvement. Click the image for more information.

**Click Here For Registration Form**

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