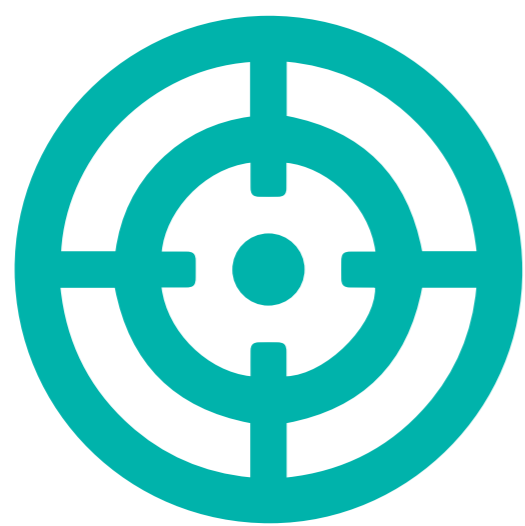


# WHAT IS LAWN BOWLS?



Target Sport



Strategy Game



1Sport4Life

Age Barriers  
Physical Barriers  
Gender Barriers

## A SPORT WITH OUTSTANDING HEALTH AND SKILLS BENEFITS

### Motor Skills



Motor Coordination  
Balance  
Hand / Eye / Foot Coordination  
Timing  
Rhythm  
Sense of Direction  
Depth Perception

### Physical Skills



Fitness  
Core Stability  
Flexibility / Mobility  
Muscle Toning

### Psychological Skills



Emotional Control  
Focusing  
Concentration  
Positive Imagery  
Relaxation  
Self Motivation  
Goal Setting

### Life Skills

#### Self Actualisation



Leadership  
Confidence  
Courage  
Persistence  
Positive Attitude

#### Social Skills



Respect  
Sportsmanship  
Communication  
Cooperation  
Tolerance  
Loyalty  
Unselfishness  
Teamwork

[www.1Sport4Life.co.za](http://www.1Sport4Life.co.za)

## IT'S THE PERFECT SPORT FOR YOU



Your nearest Bowling Club is:

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Get it rolling!