



## Lawn Bowls

can help you stay on your feet®



### Balance

Lawn bowls requires you to transfer your weight between your feet, balance your body and bend down to roll the bowl or pick it up.



### Endurance

Lawn bowls involves repetitive movements and prolonged standing which tone the muscles and help keep a healthy heart.



### Coordination

Lawn bowls requires accuracy to roll the bowl towards the jack. Players need to make changes to the velocity of the bowl to ensure the bowl stops in its desired location.



### Cognition

Lawn bowls is a tactical game which requires the use of cognition to make decisions on distance and location.



### Social connection

Lawn bowls is a strong social sport which helps you stay connected with friends.

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To find a bowls club near you visit [www.gottalovethebowlo.com.au](http://www.gottalovethebowlo.com.au)



When I was young I played in competitions and it was quite rigorous, now I play social bowls. I enjoy the social interaction with my friends, usually it makes me feel better physically and it gives me a buzz. I enjoy playing in a team and encouraging each other.

Ron, 87, Albany



# Move Your Body to stay on your feet®



## Balance

Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.



## Strength

Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.



## Endurance

Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.



## Agility

Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.



## Power

Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.



## Flexibility

Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.



## Coordination

Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.



## Cognition

Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet®  
visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or phone 1300 30 35 40