

Benefits Of

Practicing Archery



Improves hand-eye coordination



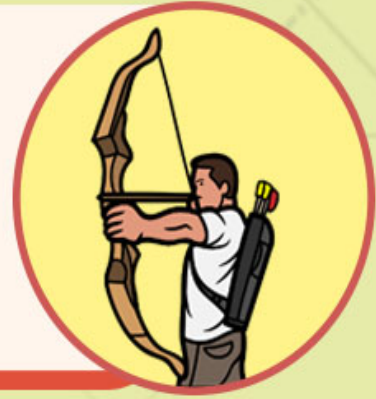
Enhances mental acuity and focus

Helps instill discipline as it demands patience



Helps build endurance as it involves repetitive motions

Strengthens the arm muscles and core



Boosts confidence as you get better with the targets

References:

- 1 The Benefits Of Archery; NASP
- 2 Top 5 Health Benefits of Archery; National Field Archery Association