



Benefits And Safety Tips For



# BOWLING



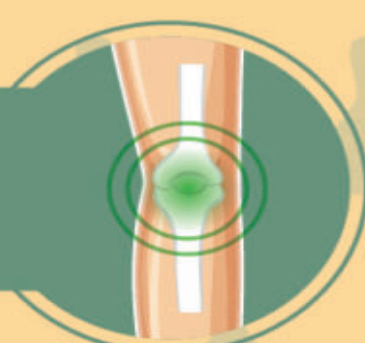
## During Pregnancy

### Benefits



It can help reduce the likelihood of developing chronic health conditions such as high blood pressure and diabetes.

Bowling is easier on your joints than high-intensity workouts like swimming.



It can improve your mood and decrease the risk of depression.

It can also help improve your cardiovascular fitness and endurance.



### Points To Keep In Mind

- Opt for lighter balls to prevent strain on your back.
- Consider duckpin bowling, as they are small balls easy to grip.
- If you feel discomfort in your joints, stop immediately to avoid further injury.
- Keep your back straight and bend your knees when picking up the ball to reduce strain on your back and protect your spinal and fetal tissues.

Mom  Junction

Source: [https://www.momjunction.com/articles/is-it-safe-to-go-bowling-during-pregnancy\\_00121091/](https://www.momjunction.com/articles/is-it-safe-to-go-bowling-during-pregnancy_00121091/)