Are you ready to have fun while exercising?
Use your old water bottles – we know you have tons – for an easy and fun way to bowl inside your home.

Exercise Facts:
• Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
• Being active can help you think, feel and sleep better.
• Children ages 6-17 should get at least 60 minutes of physical activity per day.
• Adults need at least 150 minutes per week of physical activity – that’s 30 minutes a day for 5 days.
• Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer’s.

Bowling Time:
• The Set Up
  o Gather as many water bottles as you have. No more than 10 necessary.
  o Fill up the bottles until they’re 1/8 full. The more you fill them up, the more difficult it will be to knock them over.
  o Find a ball.
• The Game
  o Set up your bowling pins (water bottles).
  o You may vary the distance from the pins based on age.
  o Knock those pins down!
  o After playing several rounds, see how far back you can go.

Ready for something else?
• Find a hoop or circle shaped object for throwing. This can serve as your ring. Now your bowling lane has magically turned into ring toss.

Want more?
Check out our Milky Soapy Artwork activity sheet for an educational STEAM experience! Be sure to take pictures or videos and tag #MCMAtHome