Bowling works out the mind and body

Achieving consistency requires good body control and a sharp focus

Ng Wee Ching

Bowling is an easy activity, even for the sedentary type. It is also a sport suitable for both sexes, suitable for everyone, improves one’s social life and mental well-being, said Associate Professor Benjamin Soon, who is in charge of the physical education department at the Singapore Polytechnic Institute of Technology.

Mr Tay Sing Ng, who studies at NTU, began bowling as a young child as it was something the family did together. After setting his Obs, he continued taking part more consistently and regularly, at least once a week. Today, he competes in the Singapore University Games. Bowling, at this level, is not only challenging and requires high levels of concentration and focus.

Mr Tay’s proficiency with different types of shots is due to his keenness, he says, and the habit of repeating them. “Consistency is very important in bowling, as it is the basic and foundation of a good and smooth movement of the ball. Consistency is also very important as it will indirectly improve your concentration and body awareness.”

Bowling is a sport that can also improve one’s health. It is said that people who bowl regularly can experience improvements in cardiovascular fitness, increase bone density, and reduce their risk of osteoporosis.

SKELETONとなA

Body movement relies on the body’s musculature, the muscles in your body, which work together to move your limbs and body. This is achieved by coordinating the movement of your arms and legs, and by controlling the tension in your body’s muscles. Bowlers can improve their consistency by focusing on their body movements and the movement of the ball.

Try these moves

Comparative bowler Tan Sing Ng, 21, demonstrates some tips on how you can improve upon before bowling.

SIDES TO SIDE NECK STRETCH

Stand upright. Look straight ahead and form a head to follow your right ear. Turn your head to the left side of your body. Hold the position for 10 seconds and repeat on the other side. This stretches the top part of the shoulders and neck muscles.

STANDING QUADRICEPS STRETCH

Stand upright. Bring your right leg forward, while keeping your body straight. While standing, bend your right leg slightly towards the ground. Hold the position for 10 seconds, then repeat on the other side. This stretches the front part of the thighs and quadriceps muscles.

MUSCLE FLEX AND EXTENSOR STRETCH

Lying on your back, perform a leg extension or a leg curl. While lying on your back, straighten your leg while keeping your foot pointed. Keep your ankle straight and your heel slightly towards your body. Hold the position for 10 seconds, then repeat on the other side. This stretches the back part of the thigh and hip flexors.

STANDING BUTTOCK STRETCH

Stand upright. Lift your right leg upward towards your armpits. Do not bend your torso. Upwardly straighten your right leg to the side of your body. Hold the position for 10 seconds, then repeat on the other side. This stretches the buttocks muscles and adds core support.

STANDING BUTTOCK AND HIPSTRETCH

Stand upright. Lift your left leg with the toes pointed. Bring your right hand to your left ankle and bend it towards your right armpit in parallel to the floor. Keep the position for 10 seconds, then repeat on the other side. This stretches the buttocks and hamstrings muscle.

SIDE BENDING TORSO STRETCH

Stand upright with your shoulder passed your waist. Bend your body to the right by holding the left hand on the right side and your right leg out. Keep your feet firmly planted on the floor. Keep the knees straight during the stretch. Hold the position for 10 seconds, then repeat on the other side. This stretches the abdominal muscles.

Try these other moves

Other than bowling, Mr Tay, Ngee Soong, 21, is also keen on keeping himself fit. “The line of the past and future form to strengthen the muscles that are used in bowling.”

According to him, the muscles that are used in bowling are: the upper back muscles, the lower back muscles, the hip flexors, the quadriceps, and the hamstrings.

“The main focus is to strengthen the muscles that are used in bowling.”

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