

## Suzana Jensen, M.D.

What has your journey with physical activity been like starting from childhood?

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Sure, so physical activity for me, involved a lot of bowling. And it first started, when I was in elementary school, actually, my dad and I signed up for a summer adult youth bowling program. It was a few weeks long in the summer, and every Saturday, we'd go to the bowling alley, and bowl three games together. And it was a blast. So we kept doing it every year. And eventually, I signed up for youth bowling and kept doing it. And the whole time, my dad was always there behind me, we would practice on Sundays, or sometimes during the week, and it's just something that I kept doing for the rest of my life that I just I just really enjoyed. And looking back a lot of it is because I just loved spending the time with my dad, and it was a good bonding experience for us. And then the plus was that, you know, it was also physical activity, like I, you know, I would get to bowl for an hour, a couple hours a day, and you know, that was my physical activity for the day, and it was really great. And going specializing into it in high school, and then college and, you know, we were more well rounded. And so we did some cross training, and some more sports specific things. And that allowed me to compete at a higher level, but, you know, it's something that I did for a very long time and, and now that, you know, like I have a stepson who's 10 years old, you know, and he likes to go bowling, you know, it's fun that we get to do that together and kind of continuing the generation. And you know, we started really early it was a ramp at a bowling alley, pushing it down the lane and watching it go and going "yay good job," you know, and him running around and you know, now he has his own first ball, shoes, you know, is chucking it down the lane how he sees fit, but you know, he's still running, enjoying like he's sweating up a storm. And so I think I think it's just a great physical activity. If you've never consider it, you know, go head to your local bowling alley and you know, have a you know, have a family outing and go bowl together, see who can make the highest game or, you know, make some fun games with everyone and see and see what the sports about, I recommend trying new things and it's surprising a lot of people don't think about going bowling or you know, maybe finding out about a Saturday league.

How do you feel bowling made you a more well rounded student and adult?

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So when you do something a little more competitively, you kind of learn to manage your time better, you know, you have to fit in practices after school or on the weekends. And that means you have to do your homework if you still want to be a good student. And, but it also kind of opened the world up to like different colleges and seeing different parts of the world. Like I got to compete the first like national tournament I ever did was in New York. I was like, Oh my gosh, this is so cool. I want to go to New York. So we went to New York for nationals. And then you know, we went to Vegas every year during Christmas for an annual tournament. So I got to travel and see lots of cool places. And I got to go to Europe after I graduated to compete there and it was just so much fun to explore in just opened up so many different things that I don't think I would have otherwise experienced. But I think you know bowling has also teaches you

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how to be well I did it in college as a team. So it teaches you how to be a team player and I feel like that's just so important in whatever you decide to do in life and in just being a team player. You know, it just helps you with your friendships with your family, and your work life if you like it's such a valuable experience. I definitely would recommend doing a team sport whatever that may be at any one or any child.