

Recreation And Stress Relief Checklist

Many people work, work, work and then work some more without taking any real quality time to pursue any meaningful recreation. This way of living, working to survive through the week and then just living for the weekend which is spent sitting around, eating and drinking and not moving is extremely destructive to your health and life over time.

Instead I highly recommend you find something fun to do that will get you outside and moving more. It will be good for your body and your mind - and will help you significantly reduce stress.

Here are a few things to consider doing, select the ones you want to try – then go do it;

- o Go for a long slow leisurely walk in a nearby park
- o Rent or buy a kayak and go kayaking on a nearby river, lake, pond, bay or ocean
- o Start a garden – grow some food and get some exercise and fresh air!
- o Raise chickens – it takes work, make good pets and produce eggs
- o Start working out daily – start SLOWLY and stick to basics until it becomes a habit
- o Get a bike and start riding every weekend and some evenings
- o Go camping
- o Build a small plywood boat and start boating
- o Begin wood crafting – start making outdoor furniture and/or decorative signs
- o Get scuba certified and go diving!
- o Join (or start) a Meet-up group, book club, etc.
- o Join a recreation center and start swimming several days per week
- o Begin taking a martial arts class
- o Mediate each morning
- o Do yoga
- o Get physical - chop wood, cut grass (with a push mower) etc.
- o Try Paintball
- o What about hang gliding classes?
- o Try Para gliding
- o Go skydiving
- o Go motorcycle riding
- o Horseback riding

There are probably more parks, schools, ranches, clubs, classes and other things that make all this and more easily accessible to you. Just search for those you want to try. Even if it's not all within your grasp at the moment some of it is – anyone can go for a walk at least.

The point is DO SOMETHING PHYSICAL. Don't just sit hunched over a laptop or iPhone and don't be a couch potato staring at the damn TV all the time! MOVE!

If you do you will feel better and you will start to get in better shape too.

