

MEANINGFUL ACTIVITIES FOR A HEALTHIER LIFESTYLE



Meaningful activities are an important part of the recovery process. Finding an activity you enjoy can help bring a sense of purpose, pride and joy outside of gambling. Review the list below, and find an activity that interests you, whether it is something you have done in the past or something new.

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| 1. Aerobics | 22. Dining out | 43. Jogging | 64. Squash |
| 2. Archery | 23. Drawing or painting | 44. Knitting or crocheting | 65. Swimming |
| 3. Assertiveness training | 24. Driving | 45. Learning something new | 66. Table tennis |
| 4. Attending concerts | 25. Electronics | 46. Listening to music | 67. Talking on the phone |
| 5. Auto repair | 26. Encounter groups | 47. Martial arts | 68. Visiting art galleries |
| 6. Backpacking | 27. Engine repair | 48. Meditation | 69. Visiting family |
| 7. Badminton | 28. Exercising | 49. Mindfulness | 70. Visiting friends |
| 8. Baking | 29. Floral arranging | 50. Motorboating | 71. Volleyball |
| 9. Baseball or basketball | 30. Fishing | 51. Motorcycling | 72. Volunteering |
| 10. Bicycling | 31. Furniture refinishing | 52. Mountain climbing | 73. Walking for exercise |
| 11. Bowling | 32. Flying | 53. Needlework | 74. Walking for pleasure |
| 12. Camping | 33. Football | 54. Picnics or family outings | 75. Watching movies |
| 13. Canoeing | 34. Gardening | 55. Photography | 76. Weaving |
| 14. Carpentry | 35. Getting massages | 56. Playing an instrument | 77. Weightlifting |
| 15. Ceramics or pottery | 36. Going to plays or lectures | 57. Printmaking | 78. Window shopping |
| 16. Chess or checkers | 37. Golfing | 58. Reading | 79. Windsurfing |
| 17. Child-related activities | 38. Home decorating | 59. Sailing | 80. Writing |
| 18. Cooking | 39. Home repair | 60. Self-defence | 81. Woodworking |
| 19. Dancing | 40. Horseback riding | 61. Shopping | 82. Yoga |
| 20. Day tripping | 41. Ice-skating | 62. Sightseeing | |
| 21. Designing clothes | 42. Jewellery making | 63. Skiing | |

