**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.

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