

LIST OF LEISURE/RECREATION IDEAS *2005*

I define recreation as the creative development of your natural talents and passionate interests for the sheer intrinsic enjoyment of doing so. Such experiences can be mental or physical. The word 'recreation' when read as 're-creation demonstrates its purpose of re-creating our mental energies to more than cope with the stresses of living.

Your recreational interests have probably always played second fiddle to your work commitments... they have been more like the spaces between the notes that get little recognition for their importance to the beauty of life's music. A passionate recreation interest is vital to your work productivity, resilience, personal growth, mental fitness and work life harmony.

Listed below is an extensive (by no means conclusive) diverse range of interests/activities for you to consider.

Within each type of interest listed, there is an infinite range of options available to you. You can custom-design these to suit your particular situation. Look for interests that:

You used to enjoy somewhere in your past life and had loved but which got put aside by life's changes and responsibilities

You haven't done before but which might well open some new and exciting doors in your life

Have got you curious to know more about them

have the potential to

inspire you,

awaken a new or suppressed passion in you, or

revitalise your outlook on life.

Do this exercise alone, in a quiet location of your choosing. Allow your inner thoughts to flow.

You are totally in control. You are not committed to doing any of the interests that you tick. Enjoy the self-empowerment of your own choices.

(Use the print option just below the title of this page)

CAUTION! If you are considering increasing your level of physical activity, please first consult the advice of your health professional.

Want to know more about your chosen interest/s?

Google the interest and the name of the city/town in which you live.

Abseiling	Belly Dancing
Aerobic Dancing	Bicycle riding
Aeromodeling	Billiards
Anthropology	Bird-watching
Antiques collecting	BMX riding/racing
Antiques restoration	Boat building
Archaeology	Boating
Archery	Bodybuilding
Art	Bonsai
Art appreciation	Botany
Astronomy	Boxing
Athletics	Bridge
Aviation	Bushwalking
Backpacking	Callisthenics
Badminton	Camping
Ballet	Canoeing
Ballooning	Car maintenance
Baseball	Caravan touring
Basketball	Carpentry
Beach Walks	Carving
Beading	Cave diving
Beer brewing	Caving

Ceramics	Darts
Chess	Designing
China painting	Diving
Choral singing	Dog obedience training
Church activities	Do-it-yourself/ handy person
Classical music	Doll collection
Clay modelling	Doll making
Clothes designing	Dragon-boat Racing
Club administration	Drama
Coaching	Drawing
Coin collecting	Dressmaking
Collecting	E-bay activities
Composing music	Ecology awareness
Computers	Electronics
Conservation	Embroidery
Contract bridge	Enamelling
Cooking	Entomology
Country Music playing/listening	Environmental interests
Courses for pleasure	Equestrian
Craft activities	Event management
Creative arts and crafts	Fabric crafts
Creative Memories	Fencing
Creative writing	Feng Shui
Cribbage	Field hockey
Cricket	Figure skating
Crocheting	Film making
Croquet	Firefighting Volunteer
Dancing	Fishing

Five a side soccer	Hiking
Floral arrangements	Historical studies
Folk Dancing	Homing pigeons
Football – Australian Rules	Horse riding
Football - Gaelic	Horticulture
Football – Gridiron	Hospital volunteer
Football – Rugby League	Hot Air Ballooning
Football – Rugby Union	Hunting
Football – Soccer	Hurley (Irish)
French polishing	Ice hockey
Friends of (parks, art galleries, etc)	Ice skating
Furniture restoration	Indoor sports
Garden Shed "Retreat"	Indoor plants
Gardening	Interior decorating
Gem and mineral collecting	Internet activities
Genealogy	Jazz dancing
Geology	Jet skiing
Glass blowing	Jewellery making
Gliding	Judo
Golf	Karate
Gridiron	Kayaking
Guides / leader	Keep fit classes
Guitar playing / lessons	Kickboxing
Gymnastics	Kite Flying / Making
Handball	Knitting
Hang gliding	Korfball
Helping others	Kung Fu
Heritage awareness	Lacrosse

Land Yachting/sailing

Language learning

Language Training

Lawn bowls

Leatherwork

Lifesaving

Living histories

Magic/illusion

Marathon running

Marching

Martial arts

Massage courses

Meditation

"Men's Sheds" Groups

Miniatures

Model making

Model racing

Model Trains

Modelling (clothes)

Mosaics

Motor cycling

Motor maintenance

Motor Racing

Mountain bike riding

Mountain climbing

Museum visits

Musical appreciation

Musical instrument

Natural history

Nature studies

Needlework

Netball

New Age activities

Opera

Orchestral activities

Orienteering

Origami

Painting

Parachuting

Paragliding

Pets Care

Philately

Photography

Picture framing

Pigeon racing

Pipe bands

Pistol shooting

Poetry - reading, writing, listening

Polo

Polocrosse

Pony clubs

Pool

Portrait painting/ sketching

Pottery

Power boating

Powerlifting

Prospecting	Shooting
Public speaking	Showjumping
Puppetry	Sightseeing
Quilting	Signwriting
Racquetball	Silkscreening
Radio announcing	Silvercrafts
Radio-controlled model yachts etc	Singing
Reading	Skateboarding
Reiki	Sketching
Restoring cars/engines	Ski mountaineering
Rhythmic gymnastics	Skindiving
Rifle shooting	Sky diving
Rock climbing	Snooker
Roller-blading	Snorkelling
Roller-skating	Snow skiing
Rowing	Snowboarding
Rugby League	Soccer
Rugby Union	Soft furnishings
Running	Softball
Sailing / yachting	Speed skating
Scouts / leader	Spinning and weaving
Scrapbooking	Spirituality interests
Scuba diving	Sports coaching
Sculpture	Squash
Self defence classes	Story telling
Self-development activities	Story writing
Service clubs	Surf lifesaving
Shiatsu massage	Surfing

Swimming	Water skiing
Synchronised swimming	Weaving
Table tennis	Weight training
Tae Kwon Do	Weightlifting
Tai chi	Wilderness exploration / hiking
Tap dancing	Windsurfing
Tapestry	Wine appreciation
Ten pin bowling	Winemaking
Tennis	Woodcarving
Touch football	Wood-chopping
Toy making	Woodwork
Trail riding - horses	Wrestling
Trail riding - motor bikes	Writing
Trail riding -mountain bikes	Writing childrens' books
Trampolining	Yoga
Travel	Youth leader
Triathlons	Zoology
Underwater activities	
Upholstering	
Veteran sports	
Video/DVD Production	
Vintage vehicles	
Volleyball	
Volunteer activities	
Walking for pleasure	
War Games	
Water polo	
Water safety activities/instruction	