# What Do You Do in Your Spare Time?

Finding a balance between work and life means more than just vegging on the couch in your spare time. If you're too tired to do anything in your downtime, you're either working too hard or have health problems keeping you from participating in your life.

Either way, it's not a good thing. As humans, we need to experience the fun in life. It's important to live up to our work commitments to provide for ourselves and our families. However, working yourself flat will only end up coming back to bite you.

So, what do you do in your spare time? We have a few ideas to help you find something that inspires and motivates you to enjoy life and find a balance between work and play.

## Outdoor Activities

### Sports

Did you ever play a sport in school? Have you thought about trying it again? It depends on what kind of athletic abilities you have left and your age, but joining the local tag football team for Sunday games could be a lot of fun.

### Chasing Adrenaline

Are you more of an adrenaline junkie? If you find racing down the side of a mountain on a bike more appealing, why not join a mountain bike club?

### Enjoying the Outdoors

Some people like to get out in nature to absorb the great outdoors without breaking a sweat. Join a hiking club and visit national parks and other local venues to connect with your surroundings and authentic self.

## Indoor Activities

### Reading

When was the last time you read a good book? With so many screens in our lives, it's easy to get lost in the Netflix archive. Try something different and read a book. Choose something that discusses a topic you like; it doesn't always have to be educational content.

### Video Games

Video games are a great form of escapism and a fun way to meet new people online. Build your motor skills and cognitive abilities while having a blast.

### Hobbies

There are dozens of hobbies, from woodworking to model construction or haberdashery. Choose something that stimulates and challenges your mind, and get to work!

## Family Activities

### Destination Visits

Take the family to the park on the weekend or go down to the local shoreline for a day at the beach or lake.

### Family Games

Have one night of the week dedicated to family board games to build your relationship and strengthen your bond.

### Movie Nights

If the weather is miserable and the family is indoors, watch a movie together and enjoy a good time with each other's company.