

Download Hobbies Are Healthy

We already know that a healthy lifestyle is a major factor in living a long life, but new studies show that having hobbies and staying socially active is equally important for seniors. More than providing something fun to stimulate the brain, creating art and doing crafts can also be cathartic. Hobbies - Find Yourself a New Hobby Today! We live in a world with access to so much information and equipment we literally could spend our entire lives pursuing hobbies. Do you have any popular hobbies? When I meet someone new, one of the first questions I ask is "What's your favorite hobby?" Most shrug and aren't sure they even have a hobby. A hobby is a regular activity that is done for enjoyment, typically during one's leisure time. Hobbies can include collecting themed items and objects, engaging in creative and artistic pursuits, playing sports, or pursuing other amusements.