



My Drift

Title: Hobbies

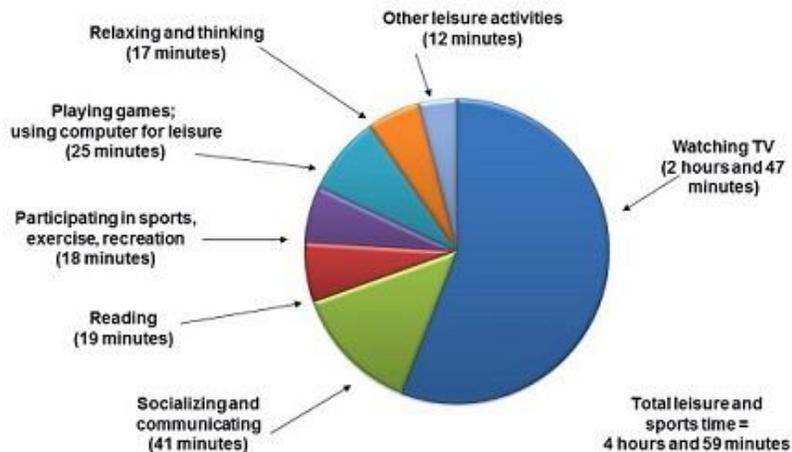
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Think about it. What do you do in your spare time? Do you have hobbies that will improve your body and mind? Do you have fun when you're not working? How many hobbies do you have? Sitting in your easy chair watching TV for 8 hours a day is not a great hobby. Did you know that the average adult spends about 5 hours a day doing leisure activities or their favorite hobbies? Here is a Pie Chart showing this:

Leisure time on an average day



NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2015.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

Here are a few definitions of the word “Hobby”:

- # A hobby is an activity done regularly in one's leisure time for pleasure.
- # A hobby is an activity or interest pursued for pleasure or relaxation and not as a main occupation.
- # A hobby is an activity that you do in your spare time for fun.

Here are some of the most popular hobbies:



#1 Watching TV



#2 Reading



#3 Walking



#4 Playing Computer Games



#5 Fishing



#6 Physical Exercise



#7 Gardening



#8 Card Games



#9 Hunting



#10 Playing Sports



#11 Hiking



#12 Board Games



#13 Camping



#14 Painting



#15 Cooking



#16 Bowling



#17 The Movies



#18 Swimming



#19 Listen to Music



#20 Playing Pool



#21 Golfing



#22 Traveling



#23 Ham Radio



#24 Writing



#25 Ping Pong



#26 Genealogy



#27 Dancing



#28 Poker



#29 Stamp Collecting



#30 Coin Collecting



#31 Shopping



#32 Photography



#33 Learning on the Internet



#34 Bird Watching



#35 Sewing



#36 Knitting



#37 Bicycling



#38 Motorcycling



#39 Boating



#40 Horseback Riding



#41 Playing Tennis



#42 Skiing



#43 Crafts/Ceramics



#44 Dining Out



#45 Drinking Beer

Now wait a minute – I forgot my favorite hobby – Drinking beer!!

I have examined the above hobbies and I'm going to highlight in yellow the ones that I consider to be my hobbies. What does your list of hobbies look like? Do you have some hobbies other than watching TV?

Did you know that hobbies are good for your health and happiness level? Here is an article I found online that I totally agree with:

Hobbies Reduce Stress Just as Well as Exercise

Hitting the craft store can be just as beneficial as hitting the trails, says a new study. Pencil in more leisure time to put stress and anxiety on the back burner. Pull out your knitting needles: Grandma was on to something with that ever-lengthening scarf tucked in her handbag. Whether you're into gardening, fixing up vintage cars, or even cross-stitching Drake lyrics like Taylor Swift, new research has found that hobbies are just as important to good health as exercise is, thanks to their ability to relieve stress. That's right, your love of running model trains is just as good for you as your love of running.

The study, published in the Annals of Behavioral Medicine, followed over 100 adults as they went about their daily activities. Participants wore heart monitors and also completed surveys periodically to report their activities and how they were feeling. After three days, the researchers found that people who engaged in leisure activities were 34 percent less stressed and 18 percent less sad during the activities. Not only did they report feeling happier, but their heart rates were lower—and the calming effect lasted for hours.

Surprisingly, the scientists say that it didn't seem to matter much what the participants did just so long as it was something they deeply enjoyed. No matter the passion, people showed the same huge decrease in stress. "If we start thinking about that beneficial

carryover effect day after day, year after year, it starts to make sense how leisure can help improve health in the long term," Matthew Zawadzki, Ph.D., assistant professor of psychology at the University of California, Merced, and lead author of the paper, told NPR. "Stress causes a build-up of higher heart rate, blood pressure, and hormone levels, so the more we can prevent this overworked state, the less of a load it builds up."

Chronic stress has been linked in multiple research studies to a higher risk of heart disease, increased depression, poorer performance at school and work, weight gain, memory loss, a lower immune system, and even earlier death. Public health experts call it the "silent killer" because of how pervasive it is in our modern society. So, pull out those paintbrushes, hit the craft store, dust off your camera, or just make time to chill out—doctor's orders!

What do rich successful people do in their free time? The most successful people know how important it is to have interests and hobbies outside of their work lives. Some of these hobbies are useful and considered important networking tools, while others are more focused on personal development and pushing themselves. Some are purely thrill-seeking and allow people in high-stress jobs to forget about their day-to-day responsibilities. Here are some examples:



**President Donald Trump
Golf**



**Bill Gates and Warren
Buffett – Bridge**



**Sir Richard Bronson
Kitesurfing**



**Actress Susan Sarandon
Ping Pong**



**Larry Ellison
Yacht Racing**



**Mark Zuckerberg
Running**



Condoleezza Rice
Golf



George W Bush
Painting



Jay Leno
Car Collector

What do poor people do in their free time? Something besides watching TV. Here are some hobbies that are both cheap and fun:

- ❖ **Walking, running, swimming, hiking, and biking**
- ❖ **Gardening**
- ❖ **Reading and writing**
- ❖ **Cooking and baking**
- ❖ **Camping and fishing**
- ❖ **Playing sports**
- ❖ **Playing games**

Here are a few hobbies that are very good for your mind and body:



Meditation



Tai Chi



Yoga

And here is a hobby that everybody can and should do:



volunteer
do good, feel good

Thrill seeker. Adrenaline junkie. Have a death wish. Idiot. There are many names that can be given to people who have dangerous and deadly hobbies. These people can't be content with normal hobbies like reading or knitting. They have to push themselves to the limits of what their bodies can withstand. And they could potentially kill themselves while doing it. A single misstep with equipment or your own control, and you could go splat real fast. The following hobbies are the world's deadliest:



Alligator Wrestling



Bull Riding



Bungee Jumping



Caving



Cliff Diving



Deep Sea Diving



Hang Gliding



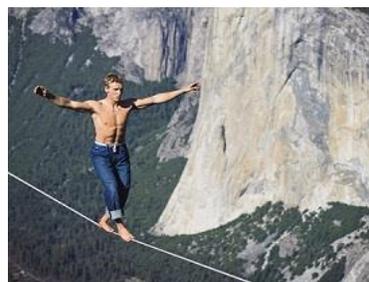
Rock Climbing



Sky Diving



Swimming with Sharks



Tight Rope Walking



White Water Rafting

Well, out of all those dangerous hobbies, the only one I would like to try is “White Water Rafting”. That would be fun to do. I really don’t have a death wish.

I think you are getting the idea. There are thousands of hobbies to choose from and you and I need to pick the ones we find the most interesting and have the most fun doing. There are thousands of “Collecting” hobbies. People collect almost anything from bugs, rocks, comic books, to beer cans. Here are a few more interesting hobbies that I haven’t mentioned previously:

- ❖ Acting
- ❖ **Computer Programming**
- ❖ Crossword Puzzles
- ❖ Fantasy Sports
- ❖ Home Brewing
- ❖ Ice Skating
- ❖ Jigsaw Puzzles
- ❖ Magic
- ❖ Scrapbooking
- ❖ Singing
- ❖ Insect Collecting
- ❖ Microscopy
- ❖ Stand-up Comedy
- ❖ Taxidermy
- ❖ Wood Working
- ❖ Yo-yoing
- ❖ Ghost Hunting
- ❖ Archery
- ❖ Shooting Guns
- ❖ Surfing
- ❖ Kite Flying
- ❖ Paint Ball
- ❖ Knife Throwing
- ❖ Flying Drones



Riding Roller Coasters

Yes, I ride roller coasters every chance I get. Growing up in Utah didn’t provide too many opportunities for riding roller coasters. However, we had one large amusement park called Lagoon where I did ride the roller coaster several times. During my travels around the world, I have ridden on about 20 roller coasters. The biggest and most scary one was in Seoul, Korea.

There are some people on the Internet that say, “Drinking beer is not a hobby – it is either a lifestyle or a habit.” Can you believe that? For me, drinking beer meets all the required criteria for being a hobby. I drink beer to relax, unwind, have a little fun, and to get some time away from home to think about things. Drinking beer is a hobby for people like me.

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