

Recreation and Leisure

ADDITIONAL RESOURCES

Contact your Service Coordinator
for more ideas.

Maryland Calendar of Events
1-800-543-1036

For more information on topics
discussed in this fact sheet,
contact
Service Coordination
Phone: 301-663-8044
www.servicecoordinationinc.org



Recreation, fitness, and leisure activities are important parts of everyday life for all people. Recreation not only provides physical benefits including a healthy lifestyle and wholesome self-image, but can provide social interaction as well. Proficiency, skill level, and competence are not necessarily critical factors in leisure activities.

This fact sheet explains ways to learn about what is available in your community and beyond.

- Find a partner (a family member, a neighbor, a co-worker, a friend from church) to help you stay motivated.
- Think about how you like to exercise best. Is it at home or in an exercise club? Is it alone or with a partner or in a group?
- The recreation departments and parks in your area are a good starting point.
- A gym or exercise club can be a great way to meet people as well as to exercise. Many high schools have swimming pools and exercise classes. The YMCA and JCC have health clubs and classes. Many churches, synagogues, and temples have yoga, aerobics, and other exercise classes. Some high schools, colleges, and senior centers have these available to the general public as well. Some are inexpensive or will give you reduced rates.
- Consider outdoor activities such as canoeing, hiking, bird watching, bike riding, and events held by nature centers. These often combine physical activity with meeting other people. There are many hiking and bicycle groups. Some examples include: the Maryland Outdoor Club

(www.hikingandbackpacking.com), Wanderbirds Hiking Club (DC area; www.wanderbirds.org), Audubon Society, Sierra Club, American Discovery Trail Society, and C & O Canal Association.

- Go camping. Many state parks charge minimal camping fees.
<http://reservations.dnr.state.md.us>
- Make sure you have the right equipment and supplies. Good shoes for walking can help your feet and make you want to continue when blisters from bad shoes would stop your exercise routine. Listening to music or books on tape in a walkman can make the time go by faster.
- Check out the National Center on Physical Activity and Disability for ideas (www.ncpad.org).
- Get involved in a cause. In addition to events, there are planning meetings and other social opportunities. Some examples include: Races, walkathons, political campaigns, community associations, community gardens, and volunteering in an office.
- Think about activities that are related to wellness. Cooking classes, yoga, and stress management classes are examples.
- Dancing studios have become popular and plentiful.
- Join area sports leagues such as softball, soccer, lacrosse, basketball, and bowling.
- Leisure activities also include non-physical activity such as cooking, music, theater, reading, and movies. Many clubs do these activities as a group.
- Many people enjoy activities related to their ethnic background. Cooking classes, parades, festivals, and religious functions are often available. Many are listed in local newspapers.
- Be a spectator as well as a participant. There are many sporting events and cultural activities around. High school plays, high school and college concerts, amateur league baseball and other sports games, festivals and fairs, parades, craft shows, auctions, and neighborhood and town activities are often inexpensive and have tickets easily available.

