



# NEED AN IDEA? HERE ARE 60+ LOL ACTIVITIES...

1. Fish
2. Draw
3. Golf
4. Phone a friend
5. Paint
6. Peruse a magazine
7. Play musical instrument
8. Sew
9. Garden
10. Do woodworking
11. Cook
12. Smell the flowers
13. Play cards
14. Attend a play or concert
15. Read a book
16. Send a card to someone
17. Visit a museum
18. Bake for a neighbor
19. Knit
20. Skip rocks on a pond
21. Listen to music
22. Visit a botanical garden
23. Visit with a friend
24. Take a day trip
25. Dine out
26. Explore the library
27. Take pictures of nature
28. Shoot baskets
29. Hike
30. Go running
31. Bike
32. Watch the sunset/sunrise
33. Water walk
34. Play with your children/grandchildren
35. Bird watch
36. Bake cookies
37. Visit a zoo
38. Do a crossword puzzle
39. Play badminton
40. Play a board game
41. Tennis
42. Take a nap
43. Go to a movie
44. Lounge in a hammock
45. Assemble a model
46. Search for seashells
47. Put together a puzzle
48. Swing at a park
49. Watch it rain
50. Take the dog for a walk
51. Go on a walk with a neighbor
52. Research your genealogy
53. Write a letter
54. Walk barefoot in the sand
55. Journal
56. Go rollerskating
57. Camp
58. Fly a kite
59. Play kickball
60. Take a drive
61. Pray
62. Meditate
63. Sing
64. Work on a puzzle
65. Make a new healthy recipe



# EMBRACING THE LOL LIFESTYLE

Worried you lack the time to fully embrace the LOL Lifestyle? You are not alone.

It is not uncommon for Americans to feel like there is not enough time in the day to enjoy leisure activities.

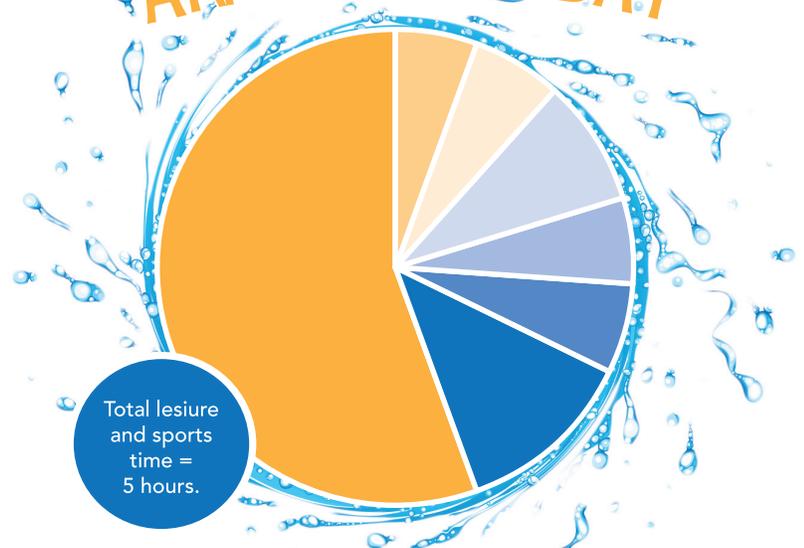
However, a recent study conducted by the Bureau of Labor Statistics found that the average American adult reports having a total of 5 hours daily for leisure and sports activities. That's 300 minutes a day to LOL!

Given the results of this broad study it would appear that Americans do not lack the necessary time to engage in LOL activities. Rather it seems that we are choosing activities that may or may not activate the pleasure center in our brain and put us in a positive state of mind.

On average, American adults in 2011 spent over one-half of their leisure time (2.8 hours) watching television. Only 18 minutes was devoted to reading and 17 minutes was budgeted for daily relaxing and thinking.

It is time to get serious and intentional about selecting leisure activities which have the potential to ignite a great state of mind. A LOL lifestyle and all of the positive benefits of LOL'ing can be yours simply by taking time to engage in activities that promote positive feelings!

## LEISURE TIME ON AN AVERAGE DAY



Total leisure  
and sports  
time =  
5 hours.

- 166 minutes: Watching Television
- 18 minutes: Other leisure
- 17 minutes: Relaxing/thinking
- 26 minutes: Computer for leisure
- 18 minutes: Sports/Exercise
- 18 minutes: Reading
- 37 minutes: Socializing/communicating

Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2011. Source: Bureau of Labor Statistics.



# EXERCISE GIVES YOUR MOOD A BIG 'OL BOOST

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.

Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

Engaging in regular exercise positively impacts psychological and emotional health, as well.

- **Confidence booster:** Whether it is setting a goal to walk further, complete a 5K run, or simply to exercise daily, exercise offers an opportunity for individuals to work towards and reach goals. Experiencing success boosts self-confidence and elevates mood.
- **Mental distraction:** Working out gives your brain a timeout and a chance to stop thinking about the worries and challenges of the day. This relaxes the body and reduces anxiety and tension leaving you feeling more relaxed and having a brighter outlook.
- **Connecting with others:** Exercise provides opportunity to meet new people and interact with current friends and acquaintances in new and different ways. Something as simple as exchanging a greeting or getting a wave from a friend instantly boosts mood.
- **Endorphin rush:** Exercise elicits the release of feel-good chemicals by the brain. These important compounds trigger a positive feeling in the body and diminish the sense of pain. Endorphins, released during exercise, leave us with a positive and energizing outlook on life.

Aim to complete at least 150 minutes of moderate-intensity aerobic activity each week to enjoy the many positive health benefits of exercise.



# FINDING THE TIME

Good time management skills minimize stress and boost your quality of life. They enable you to better balance tasks and time making you a more pleasant individual to be around.

If you have found yourself struggling to find time to (fill in the blank as you like), take a lesson from time management experts and start working on strengthening essential time management skills.

**Prioritize tasks:** Identify what is most important to you and move it to the top of your list. Stop wasting your time and energy on tasks that are not truly important to you.

**Assess your time:** Write down everything you do for three days to identify how you are spending your time. Note time that is being spent on activities that are not producing the results that you most want. How could use this time more wisely?

**Do away with distractions:** Commit to the task at hand and minimize routine distractions like social media, phone calls, or emails. The constant starting and stopping of activity expands the amount of time any given task will require. Stay focused.

**Chunk it down:** Divide a large task into several smaller tasks and tackle each one individually. This allows you to methodically complete the larger task while experiencing success with the completion of each smaller one.

**Plan, plan, and plan:** Craft a vision of what is most important for you to complete today or this week. Next plan your day or week with this vision in mind. Write a to-do list or a schedule that becomes your guide for budgeting time.

**Live healthfully:** Eat healthfully, be physically active, and get plenty of sleep. These healthy habits will boost your focus, concentration and problem solving abilities which, in turn, improves efficiency so that you can complete tasks in less time.