

Enjoyable activity is essential to replenish mind, body, and spirit. It is important for everyone to stay active through physical, mental and social stimulation and to engage in activities that promote relaxation

Important Considerations for Leisure Activities:

- Schedule specific times for leisure activities in your week to make sure they happen
- Consider new activities you may never have tried.
- Make sure you have the proper dress, footwear and safety equipment for your activity choices.
- Stretch before engaging in any physical activity to prevent muscle strain.
- Join a group or take a class to explore new hobbies and/or connect with others with similar interests.
- Balance activity and rest to reduce fatigue. A variety of interests may provide opportunities for both active and more sedentary leisure pursuits.
- Try simple adaptations to your leisure interests. Build up golf club grips for a better swing, install a handrail on the dock to make getting in and out of the boat easier, experiment with a recumbent bicycle, or build raised beds in your garden.
- Be aware that Parkinson's can make movements slower, smaller, or affect balance reflexes. Use common sense and "test the waters" before beginning activities.
- Remember to take your medications with you to ensure dosage schedules stay on time.
- Invite participation that includes others in your leisure activities to keep you connected with people you enjoy.
- Creative expression is an important component to each person's quality of life. Explore options like writing, painting, photography, ceramics, knitting, or any number of other creative possibilities.

Involving Your Team:

An occupational, physical, or recreational therapist can provide assessment and recommendations for current leisure pursuits, make suggestions for exploring new options, or provide assistance in making adaptations if needed