



Colorado is a great place to live and offers a variety of opportunities to get out and stay active. With summer just around the corner, many of us will be getting out and enjoying summer activities such as camping, hiking, fishing, boating, swimming, and much more. As beautiful as

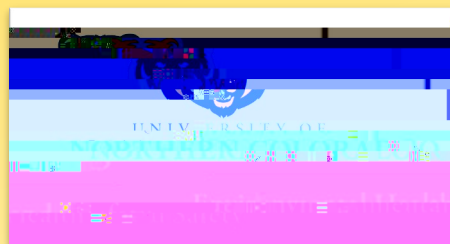
Between work, school, and home responsibilities, it is often hard to find leisure time to indulge in a hobby or activity we enjoy, but studies show taking a break to do something pleasurable is both physically and mentally beneficial. Having a hobby can lower blood pressure, enhance the immune system, and improve your flexibility. Hobbies bring out your creativity which increases positive emotions and expands neural connections in the brain that release "feel good" hormones. Having a hobby is also a powerful stress reducer that can promote a good night's sleep which is important for brain function and mental acuity. Spending as little as two hours per week on a task you enjoy can help lead to a more positive life.

One of the best hobbies is gardening. Gardening is great exercise that provides endurance, flexibility, and strength and it will help you get in touch with nature, an added benefit. If you choose to grow fruits and vegetables in your garden be sure that it will be 100% organic food. Although you can buy organic food on the market, you can never be sure of its quality. When you grow your own garden, you can decide what goes in the ground and most importantly what does not.

Another good choice is fishing! You may think of fishing as a boring activity that wastes too much time. However, most people are not aware of the benefits fishing has to offer and that it is surprisingly good for you because it builds patience, teaches focus and is good for the brain because being close to water naturally calms you down and reduces stress. Physically, it is good for the body because fishing typically involves lots of walking, hiking, and rowing to get to the best spot. It is a great way to get outdoors, in the sun where you can absorb vitamin D which is vital to your health.

These are just a couple examples of hobbies you can pursue for wellbeing. There are numerous activities for all skill levels to choose from. Whether you choose a hobby such as painting, yoga, learning a new instrument, dancing, or rock hunting, the important thing is that you find it meaningful and enjoyable. Having a hobby is a great way to have some time and a perfect way to distract yourself after a busy week. The main goal of a hobby is that it gives you the opportunity to express yourself and relax at the same time. So, always look for new interests because the more your mind and body works the healthier you will stay!

Throughout the month of April, the University will be honoring Earth Month through a series of activities sponsored by Student Life. Activities are posted on the Campus Event Calendar.



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