

Leisure Activities

The word leisure means different things to different people. Leisure can be reading a book, playing a sport, or watching a movie. Everyone enjoys different leisure activities. Some people enjoy expressing their creativity through their leisure. Others enjoy the challenge and rush of extreme leisure activities. When you have a spinal cord injury, it is often possible to take part many types of activities. Staying active and having a hobby is an important part of a balanced lifestyle. Here are some examples of creative and extreme activities:

Creative Pursuits	Extreme Sport Pursuits
Writing	Rock climbing
Painting	Sky diving
Pottery	Bungee jumping
Scrapbooking	Hang gliding
Knitting	Jet skiing
Photography	Scuba diving
Playing a musical instrument	Snowboarding

What Is Needed to Participate in Creative Pursuits?

Equipment/Supplies: Many activities require equipment or supplies. Create a list of what you will need before buying anything. You might be able to borrow some items from a friend, or find some items around the house.

Location: Consider where you would like to pursue your creative activity. Some creative activities can be done in your own home. Other activities might require a different setting. Choose a location that you find comfortable and inspiring.

Instruction: If this is a new activity, or a skill you would like to improve, you may choose to take a class. Many local community centres offer special interest classes. Look into places you can go to pursue your creative activity. Ask about prices, accessibility, and

Contact your Recreation Therapist for more information.

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supplies you might need to bring. Maybe taking a class isn't an option. Consider asking a friend who does the same activity to give some informal instruction.

Adaptations: Sometimes, you might need to adapt equipment so that it can work for you. Your therapist can help you find resources for adapted equipment.

What is Needed to Participate in Extreme Sports?

Equipment: Most extreme activities require equipment. Pay attention to the safety equipment that is needed for the activity. You might be able to borrow some items from an organization or a friend. A lot of the time, equipment is specialized and needs to be purchased.

Location: Most extreme activities take place in an outdoor setting. Inform yourself about prices, accessibility, and equipment. Also find out if formal instruction on the activity is available.

Instruction: Most extreme activities have safety measures put into place for your safety. If this is a new activity, or a skill you would like to improve, you may wish to receive some training. This can help you learn the skills you'll need to participate safely. If formal instruction isn't an option, ask a friend or colleague for some informal training.

Adaptations: Specialized adapted equipment, is often required. Speak to your therapist who can help you find resources for adapted equipment.

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