

Do You Have Enough Hobbies To Ensure An Enjoyable Retirement?

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**Do You Have Enough Hobbies To Ensure An Enjoyable Retirement?**

**By Anthony Tripodi**

Even if you've been saving your money since you were in grade school, that may not be enough to

have an enjoyable retirement. Of course having enough money put away is the number one factor as to whether or not you'll maintain your desired lifestyle once you stop working. But don't overlook the small stuff. Does sitting in front of the TV sound like a fulfilling way to live, day in and day out? You'll need something engaging to do with your free time and remember you will probably have more free time than you've ever had in your adult life. Having several interesting hobbies is a great way to get the most out of your retirement.

You probably started thinking about your retirement savings a long time ago. Well you should start thinking about how you plan on spending your time too. A satisfying hobby or a way to spend you time really is required for your happiness. Perhaps you've decided to spend more time with your family and just enjoy life. That's all well and good but you'll need something more.

Choosing a fun hobby is easy. Most hobbies are fun, that's why they're hobbies. And I'm sure almost everyone has something that they like to do. Whether it's gardening, playing tennis, building ships in a bottle or collecting stamps, I'm sure there's something out there that you'd like to do. Finding a fun hobby shouldn't be a problem for most people. It's the next two criteria that may cause some problems for you.

Money always seem to be an issue. If you've found something that you enjoy doing but can't afford to do it, then you're out of luck. How often to you hear people say that if they won the lottery then would retire and spend their time traveling the world? Traveling would be how everyone spent their retirement if it was free. Going on a few vacations a year will probably fit into even the most conservative budget. But even if you add some visits to see the grandkids or other relatives you'll probably still have about 40 weeks left in your year that you'll need something else to do. Gardening can be a relatively in-expensive hobby. Buying seeds are pretty cheap and will provide you with days worth of tasks to take grow them from seedlings to mature plants. You can even put some food on the table if you plant a vegetable garden.

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Lastly you'll need to think about your health. If you suffer from arthritis, then I don't recommend spending your days doing something that will aggravate it. Let's look at our previous hobby examples and see if they make the grade. Gardening can require some physical labor. Whether you're turning the soil or bending over to pull weeds you'll need a strong back to get the job done. Collecting stamps or other collecting hobbies would be okay even if you require a sedentary lifestyle.

Many people spend their adult life saving their money for retirement. This is a great way to secure your future but it's only a first step. Give some thought to how you plan on spending your free time during your retirement. With some interesting hobbies, your retirement can be more fulfilling than you ever planned.

Anthony Tripodi has created the ReadyForRetirement blog to document how he's preparing for his own retirement. To read his entrees and learn more about retirement planning, visit

<http://readyforretirement.blogspot.com>

### **3 Reasons Mom Should Have A Hobby**

**By Carrie Lauth**

Moms these days are so very busy, but we're more stressed than ever before and in need of lifestyle choices that help us be happier. Pursuing a hobby may be just the ticket.

Here are a few reasons why a hobby is a great idea, even for a busy Mom.

Having a hobby relieves stress and tension

Spending time with a hobby replaces negative thoughts and replaces them with positive thoughts and feelings. Having a hobby or creative outlet can lift your spirits and help with depression.

Unlike passive activities like television viewing, a hobby provides intellectual stimulation while simultaneously relaxing you. Repetitive actions like those used in knitting are especially calming.

Hobbies help you parent better

We are so good at signing our children up for lessons and classes and encouraging them to have hobbies, even paying for these classes and driving them to and fro! But we forget that we also need to learn new things and grow as people. Hobbies also connect you with other people who share your interests.

A hobby can help you maintain your separate identity as a real person and not just as Mom. This models healthy habits and boundaries for our kids.

Hobbies provide a refreshing change from your daily routine

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If you're a stay at home Mom, you may be frustrated because at the end of the day you can hardly point to anything you've "done". This is because of the repetitive nature of housework and childcare.

In generations past, women pursued hobbies like quilting, sewing, knitting, crochet and embroidery not only because they were enjoyable but because they provided tangible value to the family, either providing clothing for their backs or much needed income.

Some hobbies like tennis, gardening or belly dancing can even provide great exercise with all of its accompanying benefits. The best exercise activity is one that combines mind and body and is enjoyable to pursue.

Why not carve out some time to pursue your hobby Mom? Don't let a shortage of time stop you. Rearrange your schedule and put YOU back in it, and start carving out time for your favorite pastime.

<http://www.mommyhobby.com>

is a resource site for moms who want to enrich their lives with

scrapbooking, sewing, crochet, knitting, tennis, embroidery and other hobbies.



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