

# 5 Fun Sober Activities

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Battling addiction is a lifelong process and ***if you want to ensure continued success on your journey, you should keep a steady flow of fun sober activities on your calendar.*** Sober group activities (or solo activities) can help you live life to the fullest and stay on track. Falling into old habits is all too easy in Salt Lake City if you don't take control of your social calendar in this way. Here is a list of sober activities in Utah that we hope will help you with your recovery.

## 1. Host a Dinner Party

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The nice thing about hosting a dinner party is that ***you*** control the menu. There's always a risk that if you show up for someone else's dinner party, there will end up being an open bar or an extensive wine list. If you host your own party for family or friends, you can ***pick out a great selection of music, prepare some new foods and provide plenty of non-alcoholic drinks for the guests.***

## 2. Exercise

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Working out helps you stay in tune with your body and realize your potential. Jogging, yoga, swimming, weight lifting, cardio and other activities will ***help with goal-setting***, and the constant improvement from working out is a ***big confidence booster***. If you purchase a gym membership, you're likely to ***make new sober friends and meet others who are into taking care of their bodies.*** Golf is another great exercise that you can do alone or with a group.

## 3. Get Outdoors

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There are some amazing national parks and outdoor areas within just a few hours' drive of SLC. Head out of town on a Saturday morning and stay the night for a camping trip. Go for a hike! Get a fishing license and try your hand at catching and preparing your own food.

***Connect with nature, get some fresh air and recharge your batteries*** by getting out of the busy city for a day or two.

## 4. Volunteer

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Giving back some of your time to help others is one of the most ***rewarding*** things you will ever do. You can volunteer at a homeless shelter, a food bank, an animal rescue shelter or any number of church ministry activities to help others in the local community. Sober activities that involve giving back to the community will ***help you stay centered and keep your mind on the "bigger picture" in life.***

## 5. Grow a Garden

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Nothing ***teaches patience*** like growing your own vegetables, herbs or flowers. You don't need to have a spare acre in your backyard to plant a garden. Even if you live in an apartment, you can still grow smaller plants in a patio garden or on your kitchen counter, as long as your plants can get some direct sunlight during the day.

## Get on the Road to Recovery at Pathways Recovery Center in SLC, Utah

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Those are some suggestions for sober activities to help you get started. At the Pathways recovery treatment center, we understand that there is no one-size-fits-all program for treating addiction. ***Our holistic discovery and empowerment model as an addiction rehab center allows us to serve our clients in ways that are most likely to succeed*** We accept most insurance and we even offer financing for treatment services. Call us at 801-981-9503 if you're ready to begin your journey to recovery! Contact us today for a ***free consultation.***