

HOBBIES

PERSONAL FULFILLMENT
AT YOUR FINGERTIPS



Hobby Manufacturers Association
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What do you like to do for fun or relaxation?

No matter what comes to mind, it's important to recognize what you enjoy and to consider a new hobby because the benefits of doing so, beyond fun and relaxation, can greatly add to your life experiences. Creativity, teamwork, and a personal sense of fulfillment in completing a task are just the start of a long list of benefits in pursuing a hobby.

Did you know that hobbies have a lasting effect on your physical and mental health? A recent study found that more time spent on leisure activities, including hobbies, can lower your blood pressure and levels of stress, leading to an overall improvement in mental and physical wellbeing. Additionally, hobbies can jumpstart a lifelong love of science, arts, and technology, propelling budding scientists and artists into fulfilling careers during their adult lives. Starting an interest in R/C racing, plastic modelling, model rocketry, model railroading, and tabletop gaming is rewarding for those of any age.

Interested in learning more? Want to try a new hobby? Read on to learn a little more about a few popular hobbies enjoyed by people around the world. Relaxation, health, and excitement await!



Remote-Controlled (R/C) Vehicles

Remote-controlled vehicles are a heart-pumping pastime for hobbyists young and old. The action of maneuvering your car around obstacles, sending your model aircraft or drone high into the air for an electrifying flight or bird's-eye view, or launching your boat over jumps is enough to give anyone a thrill. Often referred to as an action hobby, your R/C vehicle is not meant to be placed on a shelf.

Ready to give it a try? Answer a few questions: land, water, or air operation? Do you enjoy racing? Having these answers in mind will help you pick the perfect R/C vehicle to test your limits of performance in no time.



Plastic Models

Plastic modeling affects us in more ways than we may notice, as numerous facets of our lives often begin as a model presentation. The buildings where we shop, work, and live, along with our vehicles are all commonly constructed as scale models before mass production to determine size, weight, cost of materials, and more. Because of this, accuracy, attention to detail, and patience in duplicating real-world objects in a small scale are extremely important to both professionals and hobbyists. Hobbyists can instantly be drawn into the ease and pleasure of building to scale with the purchase of their first model kit. You'll be amazed at the realistic miniature object and the lifelong skills that can develop from your first building experience. As you assemble more models and



your confidence increases, fantastic creations await. From submarines to spaceships and everything in between, there's a plastic model kit for almost every interest.



Model Rocketry

Is there anything more thrilling than the marvel of watching a rocket take off? Developed during the "Space Race" era of the 1960s as an offshoot of amateur rocketry, model rockets are made of materials to help provide the excitement of flight with the importance of safety always in mind.

Model rocketry is an inventive way to develop critical thinking, mathematics, and team-building skills in a hands-on way. Test your scientific theories with other model rocketeers to launch your rocket and return it back to Earth. Model rocketry is sure to send your excitement skyward!



Model Railroading

The best guide to a model railroader is his or her imagination. Modelers can choose from a wide variety of locomotives, rolling stock, track, and scenery in different sizes, often referred to as scales. Whether creating a small scene on a coffee table, filling a spare room with a crafted landscape, or commandeering a back yard for a garden railway, model railroaders look to create a miniature world of their own, called a layout. Some are historically accurate, while others are the product of the modeler's unique vision. Pick a locale and a time period (real or imagined). From there, it's exciting to create a layout that you build, control, and enjoy. With model railroading, it's your world!



Tabletop Gaming

Tabletop games are a classic way for families to stay entertained and away from the distractions of the modern world. Card games, board games, and dice games, just to name a few, have been a staple of enjoyment and entertainment for decades.

Although tabletop games are older than their electronic counterparts, they offer what videogames cannot. Nothing is more fun than inviting family and friends over for an in-person game night, where the interaction, competition, and laughter can create memories that last a lifetime. Whether playing with a deck of cards, competing with your family at a board game, or immersing yourself in the world of a role-playing game, tabletop games can help players develop skills required to be successful both at home and in a career, including strategic thinking and creativity.

and More

You certainly are not limited to this list; there are interests of many kinds that can develop into a lifelong hobby. The most important thing in finding a hobby is that you get started! Has anything caught your eye? The Hobby Manufacturers Association can help answer any questions you may have in getting started and provide information on even more hobbies you may wish to pursue. Visit www.myhobbyfun.org or www.hmahobby.org to learn a little more about these hobbies, and to find inspiration, lifelong entertainment, and fun.

For helpful information on beginning a variety of hobbies including Remote-Controlled Vehicles, Slot Car Racing, Model Rocketry, Plastic Model Building, Model Railroading, Tabletop Gaming, and more, be sure to visit:

www.myhobbyfun.org
www.hmahobby.org