Embracing the LOL Lifestyle

Worried you lack the time to fully embrace the LOL Lifestyle? You are not alone. It is not uncommon for Americans to feel like there is not enough time in the day to enjoy leisure activities.

However, a recent study conducted by the Bureau of Labor Statistics found that the average American adult reports having a total of 5 hours daily for leisure and sports activities. That’s 300 minutes a day to LOL!

Given the results of this broad study, it would appear that Americans do not lack the necessary time to engage in LOL activities. Rather, it seems we are choosing activities that may or may not activate the pleasure center in our brain and put us in a positive state of mind.

It is time to get serious and intentional about selecting leisure activities that have the potential to ignite a great state of mind.

NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2015.