

27 ways to socialize without food

As you lose weight and prioritize your health goals, your interest in food-focused activities might change. Finding ways to connect with others (away from a dinner table) might be a newfound challenge. So, let's make it easier!

Here's a list of activities to inspire fresh ways to enjoy community and social connection.



Active exploration Make your social scene your fitness scene when you enjoy social activities that get your heart pumping.	Creative collaborations Challenge your brain with activities that boosts creativity and build new talents.	Cultural connections Experience arts, entertainment, and cultures as new, meaningful ways to connect with others and your community.
Join a bowling league	Take a pottery class	Go to a show
Ride in a cycling club	Join a painting or crafting class	Enjoy a concert
Get outside and play disc golf	Invite friends to go out for karaoke	Explore a museum
Try out a dance class	Practice a new language with a friend	Take a walking tour of your city
Explore with a hiking or walking group	Check out an escape room	Play tourist in your hometown
Gather fresh fruit at a you-pick farm	Plan an old school game night	Laugh it up at a comedy show
Walk around and enjoy the ride(s) at an amusement park	Play card games	Stroll through a local zoo, aquarium, or botanical garden
Go camping	Start a band or learn a new instrument with friends	Grocery shop at local farmers markets
Volunteer for a beach cleanup or other active event	Challenge yourself with a home improvement project	Antique or thrift shop