

# AMA reports on how docs use their free time

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(HealthDay)—The American Medical Association recently surveyed physicians to find what activities they pursue when not in the exam room.

According to the results of the survey, physicians of all ages report being physically active, with the most-enjoyed activity for physicians under age 40 being running or jogging (about one-half of physicians of this age run or jog). Physicians aged 40 to 59 report that they most enjoy running or jogging (36 percent), bicycling (35 percent), and camping or hiking (24 percent). About 50 percent of physicians older than 60 reported walking to stay healthy. Other interests include golf, aerobics and cardio, skiing, tennis, and fishing.

Other leisure activities reported include reading, with many physicians describing themselves as avid readers; regular reading was reported by more than half of physicians under 40, 58 percent of those aged 40 to

59, and more than 64 percent of those aged 60 and older. Gardening, do-it-yourself home improvement and decorating, and playing [musical instruments](#) were also reported as top hobbies, while nearly half of all physicians are interested in gourmet cooking. More than one-quarter of physicians are interested in new technology, and a similar percentage own a Kindle e-book reader.

"Free time isn't something most doctors have in abundance," according to the report. "But when they're not working, [physicians](#) of all ages engage in a variety of [extracurricular activities](#)."

**More information:** [More Information](#)

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