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Five Healthcare-Approved Sports to Transform Your Alcohol Recovery Journey

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Discover the best sports to incorporate into your routine for a healthier, sober lifestyle and mental well-being.



Five sports to pick up as part of your alcohol recovery

Sport is one of the most recommended things to take up when in treatment and recovery for alcohol addiction, and with more people suffering than ever before, it's important to discuss the options available to us.

The number of people going through alcohol rehab is quite staggering and if that's you, then finding a routine that includes sport can be extremely helpful.

But what are the best sports to pick up as part of your alcohol recovery?

Running

One of the most common sports that people with a range of mental health conditions pick up is running. It's easy to start, can be tailored to any fitness level and you don't need any particular equipment, except a pair of trainers.

The rhythmic nature of running can be incredibly meditative and helps clear the mind, reduce stress and as a result limit the chance for relapse. It's a much healthier alternative to lift the mood, with the endorphins released giving you that "high" you would previously look for in alcohol. It's a great sport for setting goals, feeling that sense of achievement and generally just being surrounded by nature.

Swimming

The soothing nature of water can have a real calming effect on people, reducing anxiety and stress within people. The full body workout of swimming is especially good for people in recovery as it's low impact, so it won't place a heavy toll on any joints.

The concentration required with swimming, particularly through your breathing technique can be a great distraction from cravings and any negative thoughts around your recovery, while it's perfect for those new to exercise as you can go at your own pace.

Yoga

Often a key part of treatment, yoga is renowned for its holistic benefits and combines physical exercise with mindfulness techniques. It's proven to help manage stress, anxiety and depression, while it can also help with deep breathing, an important aspect of calming the nervous system.

Yoga is all about connecting the body and mind and by fostering that you can really help find self-compassion within yourself. You'll find many yoga classes out there specifically designed for alcohol recovery, and they can be a key part of a daily or weekly routine for you.

Cycling

Cycling is an enjoyable and versatile sport that can be both a solitary and social activity. It provides an excellent cardiovascular workout, improving heart health and endurance. For those in recovery, the sense of freedom and adventure that comes with cycling can be particularly uplifting. Exploring new routes and taking in the scenery can serve as a positive distraction from cravings and negative thoughts. Additionally, joining a cycling group can provide a supportive network of like-minded individuals, fostering a sense of community and belonging. Regular cycling can also help establish a routine, which is important in maintaining sobriety.

Team Sports (Football, Rugby, Netball)

Finally, the benefits of team sports are incredible. Not only have you got the physical elements of training and playing in matches, whether it be football, rugby, netball, cricket or any other sport, there’s also the team element.

This can really help in creating new, healthier friendship groups that are built on encouragement, camaraderie and being part of a community. This can be motivating, uplifting and provide you with support when you need it most.

Many local clubs welcome beginners, so why not give something new a try as you start to rebuild a new, sober lifestyle?