

Importance of Recreation & Leisure Activities

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Recreation & Leisure Defined

- Leisure – time free from obligations, work (paid and unpaid), and tasks required for existing (sleeping, eating)
- Leisure Activities – Activities that are voluntarily engaged in by the individual during their free time for intrinsic and self-rewarding outcomes. Activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping.



Recreation & Leisure Defined



- Leisure Behavior – A wide range of human expressions that are engaged in voluntarily, possess the element of freedom of choice, are intrinsically motivated, and display the characteristics of being enjoyable and meaningful to the individual
- Recreation Therapy - Provision of purposeful intervention using prescriptive activities, recreation, and leisure experiences.



THE ABC'S OF LEISURE

Goals:

To increase participants ability to identify leisure activities

To increase participants awareness of various leisure activities

What benefits are there to participating in leisure in general?

- Stress Management
- ↓ anxiety
- ↓ depression
- Improved body function and cardiovascular performance
- Improved social interaction and conversation skills
- Improved nurturance of relationships
- Fun
- Faster healing from medical conditions
- Better cognitive function
- Many More





BENEFITS OF LEISURE

Goal:

To increase participants awareness of the potential benefits of leisure involvement.

Questions? Comments?

