



# Activity = Good Health

## What is leisure and recreation?

While recreation may be defined as those activities which an individual is not compelled to do, but rather which are chosen based upon the establishment of their value as being enjoyable, satisfying, interesting, diverting, or otherwise capable of sustaining

pleasure for that individual, the exact method or application of recreation varies greatly from individual to individual.

That is, two individuals may agree that the best thing to do on a Saturday or after work is to engage in recreation, but the first will consider an

afternoon at the art museum recreation, while the second may consider sports as a much more accurate expression of his or her recreative pleasure. The key or core elements being that the activity is beneficial by way of being amusing, stimulating, refreshing, or relaxing in some form, either physical, mental, or the combination of the two.

Leisure can be accurately defined as some measure of time from which a person is released from those responsibilities which normally or routinely pertain to the duties they are compelled to perform. This is most often used as an expression referring to the periods of time in which a person is freed from paid work at a job. However, leisure can also include times one

is temporarily released from other compulsory, but unpaid duties, such as child care, home or other maintenance, or personal obligations and matters.

Recreation and leisure definitions, then, are at once established as containing the element of choice -- either an activ-

ity or non-activity which deviates from the normal or routine structure of compulsory activity -- and the element of satisfaction, by way of some attribute which the individual finds positive or pleasing. The specific methods of obtaining or spending recreation and

leisure time, however, are those which vary greatly and can best be defined according to the specific subset of recreation or leisure to which they belong. In the recreation subset sports, for example, golfing is defined very differently from baseball.

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