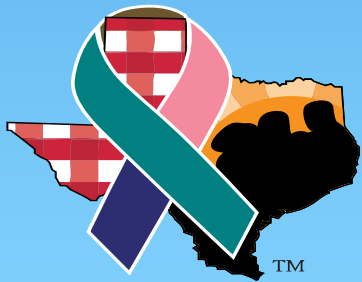


Family Leisure Education



More Than A Picnic:TM
It's A Family Affair for Lifestyle Change.

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Objectives

- (1) Introduction to leisure activity
- (2) Benefits of leisure activity
- (3) Rationales for participating in family leisure activities
- (4) Examples of ways families can participate in leisure activities together



Stressed out?



- * Stress is known to be a major contributor to coronary heart disease, cancer, lung illness, accidental injuries, and suicide; these made up five of the leading causes of death in the United States.¹
- * Long-term stress can cause many unwanted conditions including depression, backache, hypertension, asthma, migraine headaches, skin rash, ulcers, other digestive tract disorders, impaired immune function, and sexual dysfunction.²

Importance of Leisure

- * With the impact of stress being so pervasive in peoples' lifestyles, it is essential that they understand how to manage those stressors. Leisure professionals believe that leisure is important because it is used as a tool for people to restore health. ³
- * Leisure can help people successfully manage their stress, thereby preventing illness.



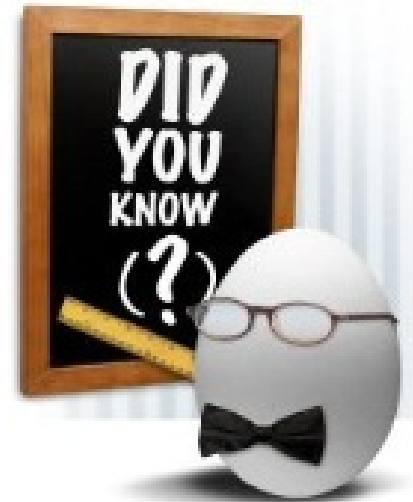
What is Leisure Education?

"Leisure education provides individuals the opportunity to enhance the quality of their lives in leisure; understand opportunities, potentials, and challenges in leisure; understand the impact of leisure on the quality of their lives; and gain knowledge, skills, and appreciation enabling broad leisure skills."⁴



Benefits of Leisure

- * Promotes the bond of family ties
- * Physical leisure activities benefit physical health
- * Provides mental and physical relaxation
- * Builds friendships



Benefits of Leisure (cont.)

- * Physically active leisure has a stress-buffering effect on health and well-being⁵
- * Social relationships through leisure influence physical and mental⁶
- * Physiological recuperation from stress through relaxation
- * Soothes the mind



Why participate in family leisure activities?



- * Free time to do as you please with your loved ones
- * Gives you a chance to focus on what is most important
- * Promotes wellness
- * Enhances your quality of life
- * Escape from the daily hustle and bustle
- * Relieves you from stress, depression, and boredom

Indoor Leisure

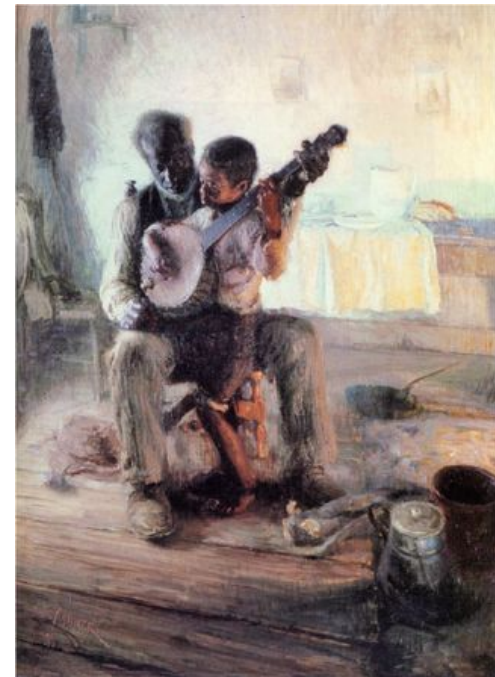
Baking

Joining book clubs



Cooking for Fun

Playing
Bingo



Outdoor Leisure



Go to the beach

Picnic/BBQ

Zoo attendance

Camping



Complementary and Alternative Medicine as Leisure

Yoga

Tai Chi

Massage

Qigong



Active Leisure



Hiking

Dancing

Sky diving

Mountain biking



Passive Leisure

Reading books/emails

Trivia games

Watching TV/ movies

Sudoku puzzles



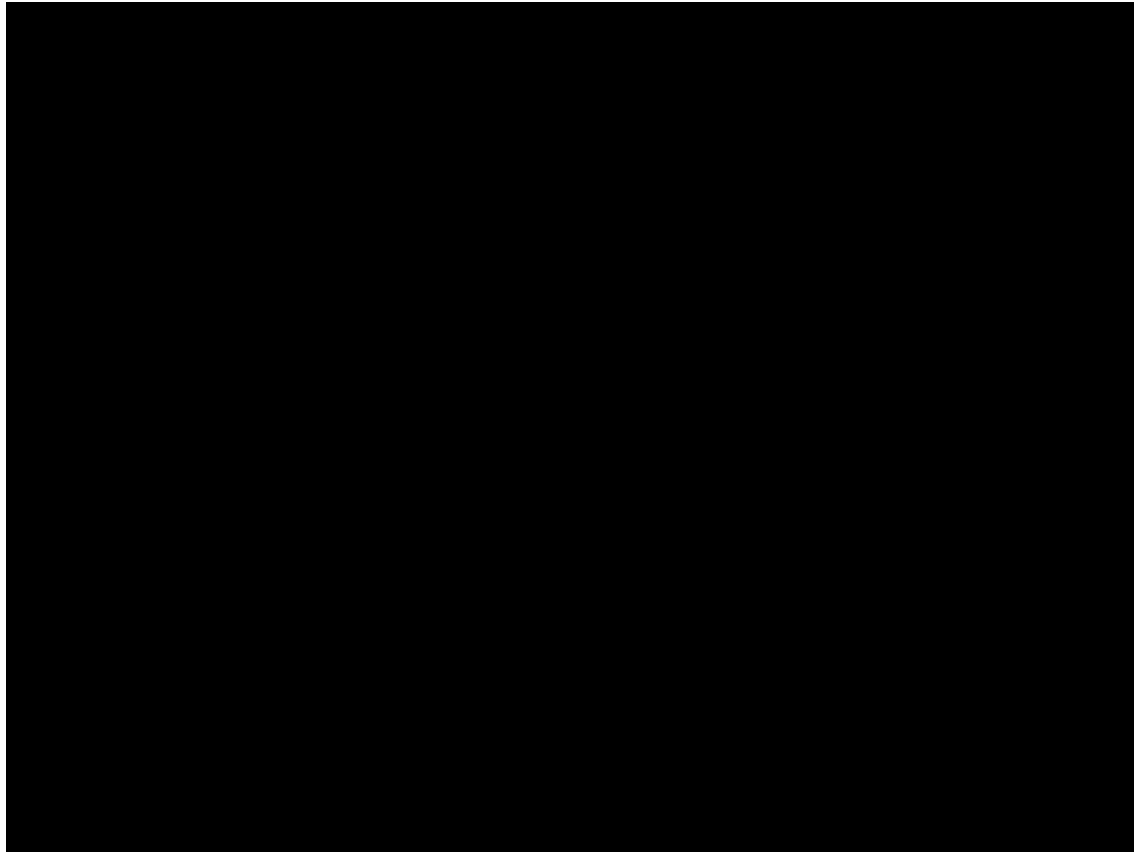
What can you do with your family?

- * Laughter Yoga
- * Movies
- * Hiking
- * Play Wii
- * Canoeing
- * Bike riding
- * Swimming
- * Playing board games
- * Skiing/snow boarding



- * Gardening
- * Parades
- * Bedtime stories
- * Visiting museums
- * Build a snowman
- * Go to the zoo
- * Festivals
- * Watch the sunset

What do leisure activities look like?



Through leisure, you can take care of yourself... and your family!



References

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