

BENEFITS OF RECREATIONAL ACTIVITIES

PHYSICAL HEALTH BENEFITS

- Reduces Obesity
- Diminishes Risk of Chronic Disease such as:
 - Heart Disease.
 - Diabetes
 - Cancer
 - Osteoporosis
 - Boosts Immune System
 - Increases Life Expectancy

MENTAL HEALTH BENEFITS

- Reduces Depression
- Relieves Stress
- Improves Quality of Life
- Improves Self-Esteem
- Assists with Personal and Spiritual Growth
- Life Satisfaction – those that participate in recreational activities are notably happier than those that do not.

SOCIAL HEALTH BENEFITS

- Strengthens Communities
- Reduces Crime
- Encourages Volunteerism
- Promotes Stewardship
- Promotes Social Bonds
- Unites Families
- Builds Cultural Diversity and Harmony
- Supports Individuals with Disabilities
- Supports Seniors
- Supports Youth
- Develops Youth
- Enhances Education
- Deters Negative Behaviors
- Decreases Drug and Alcohol Use and Early Sexual Activity
- Deters Crime

The full article that supports the above information can be found at:

<https://www.parks.ca.gov/pages/795/files/benefits%20final%20online%20v6-1-05.pdf>