

Module 1: Putting Together the Foundation for a Healthy Life

Topic 6 Content: Benefits of Recreational Activities

Introduction

Benefits of Recreational Activities

- Social
- Leisure Time
- Diversity
- Active
- Voluntary
- Individualism
- Well Balanced

Introduction



In this interactivity, click each of the tabs to explore the benefits of recreational activities.

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Social

Benefits of Recreational Activities

Social

Social

- Leisure Time
- Diversity
- Active
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- Individualism
- Well Balanced



Spend time with others, make new friends, and develop leadership skills.

Spend time with others, make new friends, and develop leadership skills.

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Leisure Time

Benefits of Recreational Activities

- Social
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Leisure Time



Participate when it is convenient for you.

Participate when it is convenient for you.

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Diversity

Benefits of Recreational Activities

- Social
- Leisure Time
- Diversity**
- Active
- Voluntary
- Individualism
- Well Balanced

Diversity



Activities are wide and varied.

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Active

Benefits of Recreational Activities

- Social
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Active



Participate in something active.

Participate in something active.

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Voluntary

Benefits of Recreational Activities

- Social
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- Active
- Voluntary**
- Individualism
- Well Balanced

Voluntary



Volunteer to participate. It's not required.

Volunteer to participate. It's not required.

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Individualism

Benefits of Recreational Activities

- Social
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Individualism



Determine your own attitude, motive, and incentive.

Determine your own attitude, motive, and incentive.

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Well Balanced

Benefits of Recreational Activities

- Social
- Leisure Time
- Diversity
- Active
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- Individualism

Well Balanced

Allows for a balanced growth.



Well Balanced

The image shows a woman in a white t-shirt and blue leggings performing a handstand in a yoga studio. She is balancing on her hands with her feet raised and legs bent. The background is a plain, light-colored wall and floor.

Allows for a balanced growth.