RECREATIONAL ACTIVITIES

Recreational activities are actions that are performed solely for the enjoyment, pleasure and amusement of individuals. Recreational activities are fun, mentally or physically engaging activities that people usually plan to do during their time off from work or school. Some examples of recreational activities include bowling, swimming, kite flying, bird watching, surfing, dancing, playing cards and watching movies.

Recreation is a necessary part of life that refreshes and rejuvenates a person's body and mind. Recreational activities help a person relax and decrease the effects of work-related and interpersonal stressors. Physical recreational activities, such as playing basketball or volleyball with friends, help to keep a person's body in shape and serve to initiate close bonds with other like-minded individuals.

Recreational activities often boost a person's confidence due to the feelings of accomplishment and pride he experiences when excelling at a chosen sport or another type of leisure activity. These types of activities also allow an individual to sharpen communication, time management, motivational and disciplinary skills that he can then use to enhance his career or personal relationships.

Engaging in regular recreational activities can help a person discover new passions and even a new career path that is both financially and personally rewarding.

EXAMPLE OF RECREATIONAL ACTIVITIES

Water sports, cycling and hiking are examples outdoor recreational activities. Many sports centers offer indoor activities such as ball games, dancing and gymnastics for members and guests to participate.

Recreational activities tend to be done with other people, and they can be a means of socializing and keeping fit. Recreation is often used as family time as an event for the family to participate in a group. There are seasonal trends to some of the activities, such as football season or tennis season. Weather can be a barrier for outdoor activities such as swimming. How much activity a person can perform depends upon their fitness level.

Outdoor recreation or outdoor activity refers to leisure pursuits engaged in the outdoors, often in natural or semi-natural settings out of town. The primary purposes for outdoor recreation are beneficial use and pleasurable appreciation.

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