

**“LEISURE IS THE TIME FOR DOING SOMETHING
USEFUL. THIS LEISURE THE DILIGENT PERSON
WILL OBTAIN THE LAZY ONE NEVER.”**

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How Does Leisure Influence our Quality of Life?

B1-B2

Module 3

Here's What
We Will Be
Learning in this
Presentation:



SUMMARY

- ❑ Changing Perception of Time.
- ❑ Shift to Less Physical Activity.
- ❑ Physical Benefits of Recreation.
- ❑ How Does Leisure Lower Stress and Depression?
- ❑ Does Quality of Life Improve by Participating in Leisure Activities?
- ❑ Recreational Therapy for Rehabilitation and Wellness Promotion.
- ❑ Exercise.

VOCABULARY

Vicious: Used to describe an object, condition, or remark that causes great physical or emotional pain; cruel. For example: “That Jerry stole Mark’s money, is a vicious lie!”

Leaning: A definite but not decisive attraction or tendency —often used in plural. OR a preference for something or tendency to do something. For example: More and more people are leaning towards farm grown products.

Recreation: Refreshment of strength and spirits after work; also: a means of refreshment or diversion: hobby. For example: Chess is a great recreational activity!