



# Leisure, Health, and Wellness: Making the Connections

*Laura Payne, Barbara Ainsworth, Geoffrey Godbey*

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**Leisure, Health, and Wellness: Making the Connections** Laura Payne, Barbara Ainsworth, Geoffrey Godbey

As understanding of good health changes, it is apparent that leisure and its use are an important issue in both achieving and maintaining good health. This book reflects the story of how parks, recreation, and leisure studies contribute to health and well-being of individuals, families, communities, and societies. This is also the story of how public health contributes to parks, recreation, and leisure studies - the intersections and connections between and among these fields, concepts, and professional practices. This book provides a collection of ideas brought together by scholars and practitioners willing to venture outside of the safe confines of their own disciplines to write trans-disciplinary chapters with colleagues from numerous fields related to leisure, health, and wellness and their interconnections. Content: Section 1-overview - Section 2 - Leisure and the Dimensions of Wellness - Section 3 - Leisure and Personal Health - Section 4 - Leisure and Health in Population Groups - Section 5 - Health and Forms of Leisure Expression - Section 6 - Strategies for Healthy Leisure

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