Video Messaging – Intro to recreation and leisure studies class opener

The importance of one’s leisure time and recreation commitments impact a person’s wellbeing and ultimately their quality of life.

The COVID-19 pandemic impacted how people socialize. Our recreation and leisure activities were impacted as we physically distanced from each other with the desire to maintain ours and the health of others.

The value of both recreation and leisure activities was amplified during the pandemic.

Recreation and Leisure professionals positively impact individuals and communities.

Recreation activities build confidence, compassion, organization skills and teamwork abilities amongst many other things.

Our leisure time fuels us creating more productive individuals and connected communities.

Recreation and leisure professionals work toward a brighter future with a gratifying career with purpose.