

Benefits of Social Activities

Americans are confronted with a number of serious health and social issues - obesity, diabetes, and depression to name a few. The trend towards an inactive lifestyle is recognized as a major contributor towards many of America's health and social issues. With the increased awareness of these issues, we need to better understand the benefits that social activities and programs may play in addressing these concerns. Healthcare and recreation professionals realize they must make physical activity fun, safe and accessible to address these alarming health trends. They need to make recreation opportunities more available while actively promoting the link between social activities and better mental, physical and societal health.

There are many positive impacts that social activities can have on the physical, mental and social health of individuals and their communities. The overall health benefits, both physical and mental helps to control obesity, boost the immune system, diminish the risk of disease and increase life expectancy. Like improvements to our physical well-being, many studies show that participation in recreational activities is an important contributor to American's mental health and quality of life and can also aid in reducing depression, relieving stress, improving self-esteem and personal growth. The social benefits of recreation can also strengthen communities; promote social bonds and support youth and elderly. Social activities are essential for strengthening and maintaining a healthy community.

In conclusion social bonds are improved when families recreate together and when seniors and individuals with disabilities are actively engaged in recreation activities. Social activities help promote social bonds by uniting families. Recreation provides us with family and community bonds that last a lifetime. The combined values that may be gained are almost endless.