

1. Record Nr.	UNINA9910760498303321
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Titolo	Exploring the Leisure - Health Nexus : Pushing Global Boundaries
Pubbl/distr/stampa	Oxford : , : CAB International, , 2022 ©2022
ISBN	9781789248159 1789248159 9781789248166 1789248167
Edizione	[1st ed.]
Descrizione fisica	1 online resource (281 pages)
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Disciplina	306.4812
Soggetti	Leisure Recreation Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Halftitle -- Title -- Copyright -- Contents -- Preface -- Acknowledgements -- Contributors -- Introduction -- Part 1 Population Groups and Identities -- 1 A Strengths and Hope Perspective on Leisure, Health and Physical Cultural Practices of Indigenous Women: Stories of Wellbeing from Canada and Australia -- 2 Disability and the Arts: Inclusive Practice for Health and Wellbeing -- 3 Broken Record: The Leisure-Health Nexus in Prison -- 4 Physical Activity, Meaning and Migrant Women: Understanding Leisure and

Health Experiences -- 5 Leisure, Meaning and Experiences of Older People -- 6 When Laughter in Physical Activity Opens the Door to the Kingdom of Freedom: Danish Seniors on the Move Towards Improved Health -- Part 2 New Framings of Health-Leisure or Leisure-Health -- 7 The Art of Being Healthy: How Recreational Arts Engagement Impacts Health and Wellbeing -- 8 Intersection Between Art and Health Evolution -- 9 Sport for Development and Health: Rethinking the Interconnections -- 10 Pets and People. Whose Leisure? Whose Health? -- Part 3 Leisure and Health on a Global Scale -- 11 Leisure and the Environment: An Ecological Perspective on Wellbeing -- 12 Climate Change, Leisure and Health: The Double-edged Sword of Leisure and the Environment -- 13 Conclusion: the Pandemic and Future Directions -- Index -- Backcover.

Sommario/riassunto

This book explores the intersections between leisure and health. It reveals and critiques the nuanced ways that leisure impacts health and considers how health professions use leisure as 'tool'. Case studies present developing leisure and health themes, in relation emerging environmental, health and societal challenges that confront the world.
