

Come Out and Play

There is no denying the importance of recreation in developing and sustaining a healthy community.

During an event sponsored by Opportunities Waterloo Region, Dr. Gina Brown and Dr. Troy Glover addressed this need for recreation while discussing, "Access to Recreation for All Youth: A Community Investment with Surprising Results!"

In this report, author Dr. Browne recognizes the increasing importance in leisure activities when developing youth, positive relationships and a sense of community.

After studying 765 parents and their 1,330 children over a five year period, Dr. Browne concludes that children who participated in recreation programs became more socially and academically competent than peers who did not participate. Her study also demonstrates the significant economic impact of community investment in recreation.

Not only does recreation help to develop and sustain a healthy community, it also saves on the cost of health and social services. What more incentive do we need to come out and play?



[Read pages 1 to 8 for the full report in this issue of *Ideas that Matter*](#)

Related Links:

- [Opportunities Waterloo Region's Community Conversations Series](#)
- [About Opportunities Waterloo Region](#)
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