

**DRAFT: A Work in Progress**  
**VAHPERD**

**Position Statement for Recreation**

In a society that has become more participatory by nature, one where both leisure time and opportunities are continually increasing, there are unique and pressing challenges facing professionals serving in the leisure and recreation fields.

With the ever growing percentage of the retired population faced with increasing longevity and younger retirement ages, older citizens today are afforded much more leisure time for recreational pursuits that were their parents. What will they do with this extra time? This is but one group leisure educators must consider in their professional responsibility. Teenagers are said to be abusing their leisure privilege in many instances by turning to substance abuse and other inappropriate leisure habits. They, too, need leisure counseling and instruction. Additionally, children are now labeled as increasingly passive and physically unfit due to poor leisure choices and guidance.

Men, women, and children need constructive challenges to pursue during their leisure time. Leisure service professionals must accept the challenge of attempting to direct people toward appropriate leisure choices, educating them as to where these needs can be met, and when possible, teach them specific skills that allow for pleasurable participation.

This challenge to the leisure professionals of VAHPERD can be and is being met through such vehicles as YMCA programs, church recreation ministries, schools, community recreation programs, boys and girls clubs, private health clubs, corporate pursuits has the potential to contribute significantly toward self-fulfillment, self-worth and overall happiness.

VAHPERD accepts the responsibility to assist the above-mentioned organizations and professionals to more effectively meet their respective challenges. This mission will be accomplished through the vehicles of the VAHPERD Newsletter, the annual VAHPERD convention and special workshops throughout the state.

**Send Comments/Suggestions:**

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