

# Recreation and leisure

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# Recreation and leisure

## Identifying and definitional attributes

<b>Item type:</b>	Framework Dimension
<b>METEOR identifier:</b>	392705
<b>Description:</b>	Participation in recreational and leisure activities contributes to overall wellbeing through benefits to physical and mental health, and by providing opportunities for social interaction and community engagement. The importance of leisure time is recognised by the United Nations Universal Declaration of Human Rights, which states that 'Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays without pay' (UN 1948).