

# Recreation and Leisure Quotes

Activities: The Other Best Medicine. Kimberly Grandal

If you are losing your leisure, look out; you may be losing your soul. Logan P. Smith

Activities are my therapy. Lynne Wilksman

Therapeutic Recreation: Re-Creating mind, body and spirit. Kimberly Grandal

Recreation is the sizzle on the steak of life in a Nursing Home. Michael Hotz

You can learn more about a man in one hour of play than in a lifetime of conversation. Plato

If variety is the spice of life, then recreation is the sugar. Get sweet and recreate! Kimberly Grandal

It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self.  
Agnes Repplier

The real problem of leisure time is how to keep others from using yours. Arthur Lacey

They talk of the dignity of work. The dignity is in leisure. Herman Melville

Leisure with dignity. Marcus Tullius Cicero

In our leisure we reveal what kind of people we are. Ovid

The end of labor is to gain leisure. Aristotle

People who cannot find time for recreation are obliged sooner or later to find time for illness. John Wanamaker

Life lived amidst tension and busyness needs leisure. Leisure that recreates and renews. Leisure should be a time to think new thoughts, not ponder old ills. Neil Strait

Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; no to offer an escape from life, but to provide a discovery of life. Author Unknown

The word recreation is really a very beautiful word. It is defined in the dictionary as "the process of giving new life to something, of refreshing something, of restoring something." This something, of course, is the whole person. Bruno Hans Geba

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning. Thomas Jefferson

These small things: nutrition, place, climate, recreation, the whole casuistry of selfishness are inconceivably more important than everything one has taken to be important so far. Friedrich Nietzsche

Life is best enjoyed when time periods are evenly divided between labor, sleep, and recreation...all people should spend one-third of their time in recreation which is rebuilding, voluntary activity, never idleness. Brigham Young