***Sample language on benefits of Inclusive Recreational Features***

**Benefits:** Everyone needs regular recreation that develops skills, promotes good health, relieves stress, facilitates social interactions, and enhances perceived quality of life.Individuals derive many benefits from unstructured play including enhancement in cognitive, physical and emotional skills. This structure will be accessible via wheelchair or other assistive device.

**Benefits:** Leisure experiences promote opportunities for developing equity. Unlike many other environments within which people interact, leisure experiences promote opportunities for each individual to maximize her or his own interests and minimize competition. This structure enhances creative ability, motor skills, group interaction and hand-eye coordination.

**Benefits:** The viewing of this sculpture will provide a relaxing atmosphere, decreasing anxiety or stress levels within individuals. This structure will be placed in an area to promote socialization opportunities.

**Benefits:** Weight-bearing and strength-building activities help sustain bone mass and reduce the incidence of trauma-induced fractures (Paffenbarger, Hyde, & Dow, 1990). Involvement in a physical recreation activity which results in increased lung capacity, reduced resting heart rates and lower blood pressure levels, and a perceived sense of freedom, independence, and autonomy.

**Benefits:** Social integration of children and adults with disabilities into community recreation programs offers the chance to develop a positive self-image through successful experiences and satisfying relationships with peers. Integrated play opportunities are stimulating and highly motivating experiences for disabled children, offering them opportunities to imitate and model the play behavior of nondisabled peers.

**Benefits:** Climbing activities help to develop balance, spatial body awareness and hand eye coordination. Physical activity imports overall muscle tone. Fine motor skills in fingers and toes and gross motor skills in legs and arms are developed simultaneously by using this play component.

**Benefits:** Physical recreation activities are known to reduce the symptoms of mild or moderate depression and anxiety through improved self-image, social skills, and mental health (Taylor, Sallis, & Needle, 1985).

**Benefits:** Moderate physical recreation activity benefits include a perceived sense of freedom, independence, and autonomy, enhanced self-competence through improved sense of self-worth, self-reliance, and self-confidence, and a heightened ability to socialize with others, including greater tolerance and understanding.

**Benefits:** Activities that fill leisure time, performed within a group, strengthen social support ties known to negate stress. Social integration of children and adults with disabilities into community recreation offers the chance to develop a positive self-image through successful experiences and satisfying relationships with peers.

**Benefits:** Areas of individual play provide opportunities for improved expressions of and reflection on personal ideals, more balanced competitiveness and a more positive outlook on life (Academy of Leisure Sciences & Driver, 1994).

**Benefits:** Among the positive outcomes of physical exertion are improvements in physical health status, psychosocial status, cognitive status, and an improved ability to deal with life, recreation, and community activities. - See more at: <http://source.southuniversity.edu/the-benefits-of-therapeutic-outdoor-recreation-102985.aspx#sthash.Pk5phchE.dpuf>.

**Benefits:** “From the social aspect, people need interaction with each other to find harmony and balance with their lives and with each other,” Peterson states. “This is very important for people suffering with disabilities, because of the restrictions imposed upon them by their disabilities.” (Dr. A. Ronald Peterson, South University, 2012). The philosophies of empowerment, inclusion, and controlled risk help children to grow developmentally.

**Benefits:** When the recreation activity experience has captivated the participant, this individual brings particular personality styles of learning, motivation, and expectations about the experience to the setting. The person faced with a specific environment, interpreted by the person or not, promotes one or more learning experiences. This structure will be accessible via wheelchair or other assistive device.

**Benefits:** “From the social aspect, people need interaction with each other to find harmony and balance with their lives and with each other. This is very important for people suffering with disabilities, because of the restrictions imposed upon them by their disabilities.” (Dr. A. Ronald Peterson, South University, 2012 - see more at: <http://source.southuniversity.edu/the-benefits-of-therapeutic-outdoor-recreation-102985.aspx#sthash.Pk5phchE.dpuf>.) This structure will be accessible via wheelchair or other assistive device.

**Benefits:** Music therapy is an effective educational and therapeutic tool for both children and adults with forms of disabilities. It is an important learning tool and provides significant memorization assistance. This structure will be accessible via wheelchair or other assistive device.

**Benefits:** Participants in groups report that these groups help them to feel included, provide a social outlet and furnish opportunities for individuals to make friends and have fun together. This structure will be accessible via wheelchair or other assistive device.

**Benefits:** Physical activity can improve mental health, by improving physical fitness and enhancing opportunities for social interaction. Physical activity can be a practical tool to help fight depression, and reduce anxiety and stress. Other benefits of physical activity include improvement in cardiovascular fitness and endurance, joint flexibility, muscular strength, and balance, reduction in the risk of diabetes and other health related issues and weight control. This structure will be accessible via wheelchair or other assistive device.