

# FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT  
AND THE AMERICAN COUNCIL ON EXERCISE

## RECREATION ~ The Spice of Life

### What is Recreation?

Refreshment by means of agreeable exercise.

### Examples of Recreation

Archery	Tennis
Badminton	Horseshoes
Baseball	Basketball
Bowling	Boxing
Camping	Canoeing
Climbing	Cycling
Crew	Dancing
Football	Golf
Gymnastics	Handball
Hiking	Hockey
Kayaking	Orienteering
Ping Pong	Racquetball
Rock Climbing	Roller Blading
Skating	Skiing
Soccer	Softball
Squash	Tennis
Track and Field	
Horseback Riding	

### The Benefits of Recreation

The link between physical activity and health is very clear. In fact, it would be very hard to consider someone truly healthy if they were not consistently physically active.



From preventing premature death to preventing high blood pressure, physical activity is the key. Recreation combines the benefits of physical activity with the benefits of laughter and relaxation. Finding activities that

you can enjoy, which foster friendships and provide physical activity is a key to being healthy and happy. As the saying goes: "The worst day fishing is better than the best day working."

Fire fighters often play sports and games to help relieve the daily stress that accompanies the emergency nature of their job.

No matter what activity you choose to enjoy one rule must be followed: "You must be physically fit to safely enjoy your recreation, instead of counting on recreation to make you physically fit." The best program combines a smart, progressive, consistent fitness program sprinkled with a frosting of fun recreational activities.

