

## THE POSITION OF EXERCISE IN TODAY'S LEISURE TIME ACTIVITIES

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**Abstract:** Nowadays, people have started to be less active in daily life and begun to eat frozen or fast food with the development of technology. One spends most of the time with sitting in the offices and convenience of the transportation and disregard of doing exercise cause many health problems. Besides, improvements of the working hours give people chance to have time to do exercises in their free time easily. Under these circumstances we can see that both Turkey and other countries' local government organize recreation activities to lead people doing exercise in their leisure time. Not only local governments but also many big companies supported these projects and they developed new projects which make people to do exercise in their leisure times possible.

**Keywords :** Leisure time, exercise, recreation.

### INTRODUCTION

Leisure time is a time when one is relieved from all the obligations of daily life or disconnects and occupied with an activity which is chosen willingly by them (Aydoğan F., 2000). Is it defined as "from hardships to freedom or leisure time after obligatory social tasks" in literature. Recreation is a free time activity and it includes value time optionally. Generally the definition for children is "playing" and for adults is "recreation".

Today, life standards lead people to move less and less in their daily lives. People who live slow and eat ready-to-serve foods will have the symptoms of obesity as day goes by. Recent researches show that the number of people who attend to sports activities, aimed recreation, are more than the number of people who attend other activities (Uslu Ç.N., 2009). The high rates of attendance of choosing sports activities actively in leisure times result from personal and social features of sports. Doing exercise in leisure times is important to deal with increasing health problems and other social inconveniency.

Sports activities within recreation events are preferred because of accessibility, facility, and fulfilling everybody in all age and gender's needs. It is mentioned that some of the European countries and the USA have given a more place to sports activities and exercise for leisure time activities since 1950s. 1960-1970s were the peak of sports branches. Governments encourage people to do exercise in their free time. Free time activities increased equally with having more free time (Uslu Ç.N. 2009).

During the 19<sup>th</sup> and 20<sup>th</sup> century the concept of “leisure time” developed. After the Industrial Revolution, people who had high standards of living and labor union fought for better working conditions and reducing working hours made developments faster. Thus, people have history lead back to the idea of “post-work regeneration”.

When we take a look at historical development process, we can see that working class had holidays on certain days like Easter and government bank holidays even though they did not have holidays in 1880s. Days of vacation increased by reducing working hours per year from 3000 hours to 2200 hours in recent century (Hacıoğlu N. at all , 2009).

*Basically sport activity creates positive external effect in three aspects. These are individual effect which occurs in person, social effect which is formed due to the interaction of group of people and economic effect which occurs as a result of sports organizations in the region (Nazareth L.,( 2007).*

*The activities help to create social relations depend on which category of sports, who is attending, where it takes place and how wide the event is. Besides, it is generally accepted that sport events heighten the individuals adaptation level and recognition by other people. (Hacıoğlu N. at all , 2009).*

By increasing the leisure time, attendance to sports and self-sport activities also increased. Most of the countries afford their recreation areas and parks’ costs through the contributions. Most of the programs do not have any fee for public usage. However; some programs are charged because of different equipment, special facilities and big organization which they need for the event.

It is obvious that attending sport activities personally or as an audience, which strengthen socializing with other people and improve their view of being a part of the society, will affect people’s harmony in their offices and working performance positively(Hacıoğlu N. at all , 2009).

In our country local governors built recreation centers where the citizens can exercise in their leisure time. Besides, some workout equipment was installed in the parks. Recently, workout and recreation centers which have annual payments were opened in the name of life center by municipals.

Today leisure time activities and exercises within recreation are organized by several private and public enterprises. These enterprises develop strategies for both their worker and society. Some of them are; California municipal worked on “healthy life principal” issue and created a web site for their people to do exercises in their leisure time. This web site has samples of aerobic exercises and workout schedules which takes 2 hours and 30 minutes per week.

Ottawa Municipal in Canada enhanced recreational activities for people of all ages. They made groups for people and divided these groups into separate titles and gave special programs for each title.

Every year some activities are held in England such as “Colchester Bike Week”, “Cobequid Trail Run” and “Step into Spring”. With these activities people’s attention is drawn to the activities which people can do in their free time.

President’s council in the USA works as a government entity and gives information about fitness, sports and nutrition to people of all ages. Council also organizes national and local programs which they can do in their leisure times. And they also tell people benefits of doing exercise in free time.

European Union, gives necessary information about doing exercise properly in leisure times under 3 main topics which include sports and environmental health, nutrition and physical activity, anti-doping, sports injuries, sports injuries research group, physical activities, nutrition, exercise and cancer through environmental health portal (Ramazanoğlu F., at all., 2006).

“*American Medical Society for Sports Medicine*” and “American Heart Association” urge that one should do exercise to live a healthy life. American Heart Association recommends people to do recreational activities when they are at home, at work or when they are playing games. Association which emphasizes importance of exercise suggests bicycle tours, jogging, hiking and climbing(Anonymous, www.acsm.org 01.09.2011).

World Health Organization arranges an event called “Move for Healthy Day” annually on May 10<sup>th</sup>. Especially, the event which is held to develop people’s awareness to importance of doing exercise also informs them about many health issues and to support these issues the organization trains them with stress management, social isolation and healthy diet programs.

Munih municipal in Germany built a recreation area called “Munih Public Pool” for people who can spend their time by doing exercise. In this recreation area people can use this pool with diving, swimming and artificial wave activities in all seasons. Also Munih has picnic areas where people can ride their bicycles conveniently(Anonymous, www.heart.org.2011).

In Stockholm, Sweden multi-dimensional parks and recreation areas for people to use it for daily exercise was built. Once and for all, ski and skate areas named “Skatepark” were added to these places.

With the project of “Active life” to utilize time with sports activities “Physical Activity Guide” was created by Coca-Cola Turkey agency. An English company “Food Kraft” created a project named “Sports Education with Games Project” with Educational Volunteers of Turkey by considering more

than 50% of the population is youth and encouraged 4800 young people to do sports with this project in Ankara, Istanbul, Izmir and Antalya.

Brno immigration office in Czech Republic planned activities which citizens can utilize their leisure time. Office management assigned people to accept citizens' application to attend these activities application and guide them to related branch. Beach volley, ski and tours during the summer are among these activities.

School of Foreign Language, Business German, in Germany, organizes events for members and employees. Squash, tennis, badminton, golf, canoe, climbing, hiking, paragliding and bicycle touring are some of the activities which the school organizes.

Google had fitness center, wave pool, game arcade and bicycle section built for its complex, the "Googleplex". Facebook has game arcades and bicycle tours for its employees for their leisure times. One of the well-known company, Youtube had fitness center, pool and golf course built for its employees to use their free time with exercise(Haynes H. M., (2001).

### **CONSEQUENCES AND ADVICES:**

Consequently, not only it is not the new fact that speaking about the terms health and exercise in your free time, but also measures are making the importance of recreation events and exercises united day by day.

In relation with concept of sport, accumulation of behaviors provide basis of sophisticated social leisure time, thus we can clearly see some important social strategies like unification and renewal in social communities (Rojek C., at all., (2006).

After arranging development of available sports field, they can put into public service, thanks to partnership of the Ministry of Sports and Management of Youth Services of Turkish Republic's projects. In those institutions, people can be hired who graduated from Physical Education and School of Sports or Department of School of Sport.

Sport centers and Family Healthcare Centers can be improved and spread, which was brought into service by municipalities. Also hiring sport trainers in those centers, not only provide qualified education, but also help to develop of the point of views of the community in all ages.

Leisure time educations can be given to different groups and fields by universities. By consulting sports minister and municipals convenient projects can be produced in European norm and guide people to do exercise healthy and correct way by professional instructors.

Government can grab people's attention about leisure time activities through media. In this case municipals can compromise with GSM operators and send people introductive and encouraging advertisements such as news, innovations and navigation to their cell phones just like in Europe and America. Via radio, TV and internet upcoming leisure time activities can be announced.

Recreation lessons can be added to schedule of the year by Ministry of National Education and with help of these lessons youth can learn how to manage their leisure times properly by their physical education teachers.

Ministry of Health can arrange trainings for people to inform them about living a healthy life by doing exercise with examples. By doing inspections on sports facilities which provide services by Ministry of Sports and municipals, public availability sessions, health ministrations and studies on obesity can be accelerated by professionals.

In corporations, paying importance to free leisure activities, different organizations like weekend trips, camping, trekking, bicycle touring can be arranged. Again, with the help of corporation owners, personnel can attend organizations which prepared by the government of universities.

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