



## Leisure and Well-Being in Older Adults

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### Message from the Guest Editors

Given increased human longevity and the expanding population of older adults, understanding well-being as we age is important and an area in need of research. Various theoretical and practical debates about conceptualizing, measuring, and predicting well-being guide public policy, helping to improve the quality of life of older adults. A consistent conclusion is that leisure plays a crucial role in the well-being of older adults. In addition to the intrinsic enjoyment, meaningfulness, and opportunities for authenticity that leisure brings to us, as we age, leisure provides various positive outcomes such as increasing a sense of inclusion and belonging, expanding social networks, enabling the development of coping strategies and resources to deal with various life challenges, and improving positive emotions that contribute to well-being. Although leisure experiences are valuable for older adults, effects may vary depending on different types of recreation activities perceived to contribute to our leisure. Therefore, the purpose of this Special Issue is to encourage theoretical and practical reflections on the broad topic of leisure and well-being in later life.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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