



## Leisure, Labour, and Active Living: A Holistic Approach

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### Message from the Guest Editors

This Special Issue suggests a comprehensive perspective on how individuals engage with various facets of life. Leisure encompasses activities pursued for enjoyment, relaxation, and personal development outside the realm of work or obligation. Labour refers to the productive work individuals undertake, whether in the form of employment, entrepreneurship, or domestic responsibilities. Active living encourages a lifestyle that prioritizes physical activity and healthy habits. The holistic approach acknowledges the interconnectedness of these elements, recognizing that each contributes to an individual's overall sense of fulfilment and balance. By embracing leisure, labour, and active living in harmony, individuals can cultivate a well-rounded life that promotes both personal growth and societal well-being.

This Special Issue will welcome manuscripts that relate to the following themes: Comparative studies of leisure culture; Leisure and wellness, health and fitness, health promotion; Leisure policy; Media and communication in leisure; Sociology of leisure; Sport sociology; Leisure, work, and employment relations; Leisure and employment relations; Leisure and quality of working life.





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