

5.2 Relaxing and having fun

Relaxing and having fun is an important part of life. Quality leisure time is integral to good health and wellbeing. Research has shown that a low level of physical activity in leisure time, as opposed to at work, is the greater health risk (Johansson et al, 1988). Sport England's Active People Survey (2006-12) has consistently identified Walsall as being among the local authorities in England with the highest levels of physical inactivity among the population, with two thirds of Walsall adults undertaking absolutely no recreational physical activity.

Happy people tend to be more content, easy going, less likely to resort to antisocial behaviour and have a better sense of their place in the world. The Taking Part survey (DCMS 2006-2010) suggests a correlation between participation in sport and culture and both knowing more people within neighbourhoods and also satisfaction with local areas. Similarly, The Power of Sport (Institute of Community Cohesion, 2007) draws together a range of case study research into sport's role in improving community cohesion and reducing anti-social behaviour.