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Leisure is the time when you do nothing. Some activities that relax you. You do not have to work. All you need is just to enjoy the free time that you have. Sitting about at home is casual leisure. Reading books, chatting with friends. Or watching films/serials. Most of the people enjoy doing these activities because they feel good because they are relaxing because it helps to refresh the mind.

First of all, at leisure, you need to relax, but the rest should not be meaningless and useless. In other words, a person should improve his spiritual and intellectual state. However, there are many kinds of leisure and entertainment. Not all of them are useful.

Active leisure activities include energetic activities that even require one to use mental strength. You can learn to dance, listen to music, or even try adventure sports. Rock climbing, skiing, and surfing are equally popular as leisure activities for those who crave for adventure.

Casual leisure activities are all about relaxation and can even mean watching a movie with friends, reading, taking a stroll in a park or on the beach. Even if you want to sit at home and do nothing, it's normal. That's just another way to spend some quality time with yourself or your family. It will help strengthen the bond with your family members.

Today, our pace of life is very rapid. People try to do everything at once. After a hard day, they try to relax a little. It is best to spend this time with family, friends or other loved ones. If a person wants to relax without harming himself and others, he must be able to combine work and rest. Just so entertainment will not bring anything bad.

So, I think that leisure time is important as it allows us not only to relax but also to spend time with our dear ones.