

3a. Leisure Time and Quality of Life

About

Studies have shown that leisure time—free time not related to work or chores—is important for our health and happiness. The average American has about 5 hours of leisure time a day and the optimal amount of leisure time is about 2.5 hours. Less than that and people feel stressed, more than that and people feel idle.

A community's quality of life is determined in part by the range of options available for how and where to spend leisure time. Tell us how you spend your leisure time and what's needed to make Moreno Valley a place where people want to be.

How Much Leisure Time Do You Have Each Day?

Add a dot on the scale below for your response.

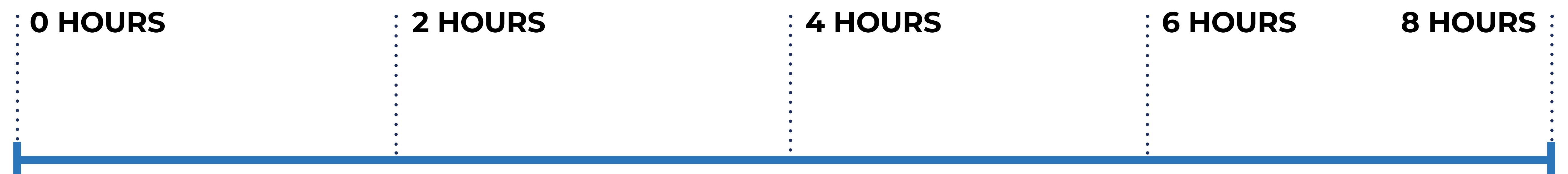
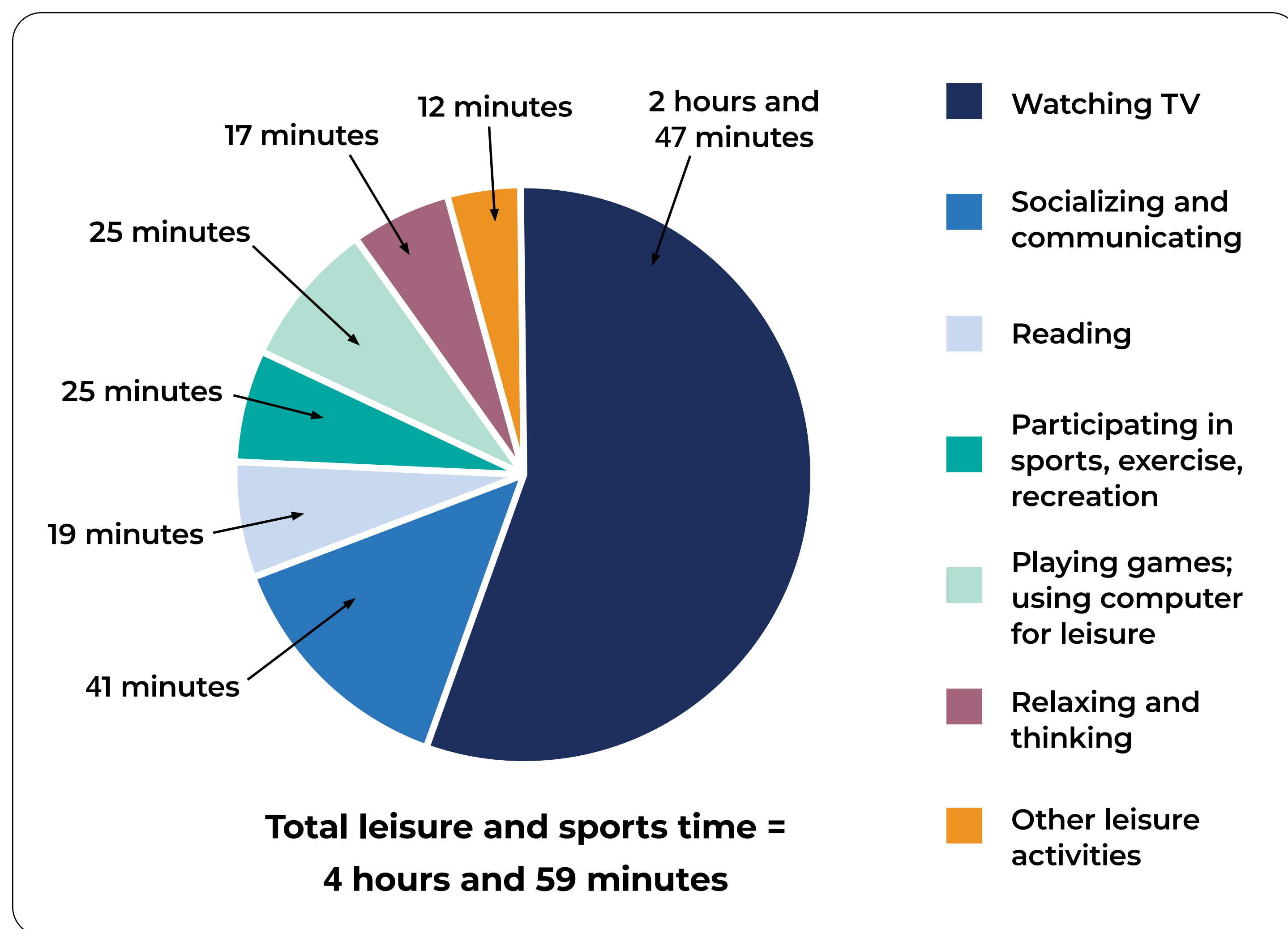


Fig. 1: Leisure Time on an Average Day



Source: Bureau of Labor Statistics, American Time Use Survey
 Note: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2015.

Where Do You Spend It?

Place dots on the squares below:

SHOPPING 	DINING 	ENTERTAINMENT / EVENTS <i>ex: movie theater, performing arts, festivals, shows</i> 	RELIGIOUS ACTIVITIES
PARKS + OUTDOOR RECREATION <i>ex: hiking, biking, skating, golfing</i> 	VOLUNTEERING <i>ex: animal shelter, library, park ranger</i> 	LESSONS / HOBBY CLASSES <i>ex: music lessons, sports, art</i> 	OTHER <i>please specify:</i>