

Introduction:

- ▶ Play is seen in cultures around the world.
- ▶ Also seen in most non-human mammals, and some bird and reptile species. ¹
- ▶ Is characterized as being voluntary, internally motivated, spontaneous, and unpredictable. ²

Methods:

- ▶ Google Scholar search terms:
 - Play, children, adults, older adults, play-based learning, physical play, physical activity.

Play in Youth:

- ▶ Critical for developing social, emotional, physical, and cognitive abilities.
- ▶ 5 Categories of play in youth:
 - Physical (rhythmic, exercise, rough & tumble).
 - Pretend.
 - Language.
 - Social.
 - Construction. ¹



A Lifetime of Play (by Aaron)

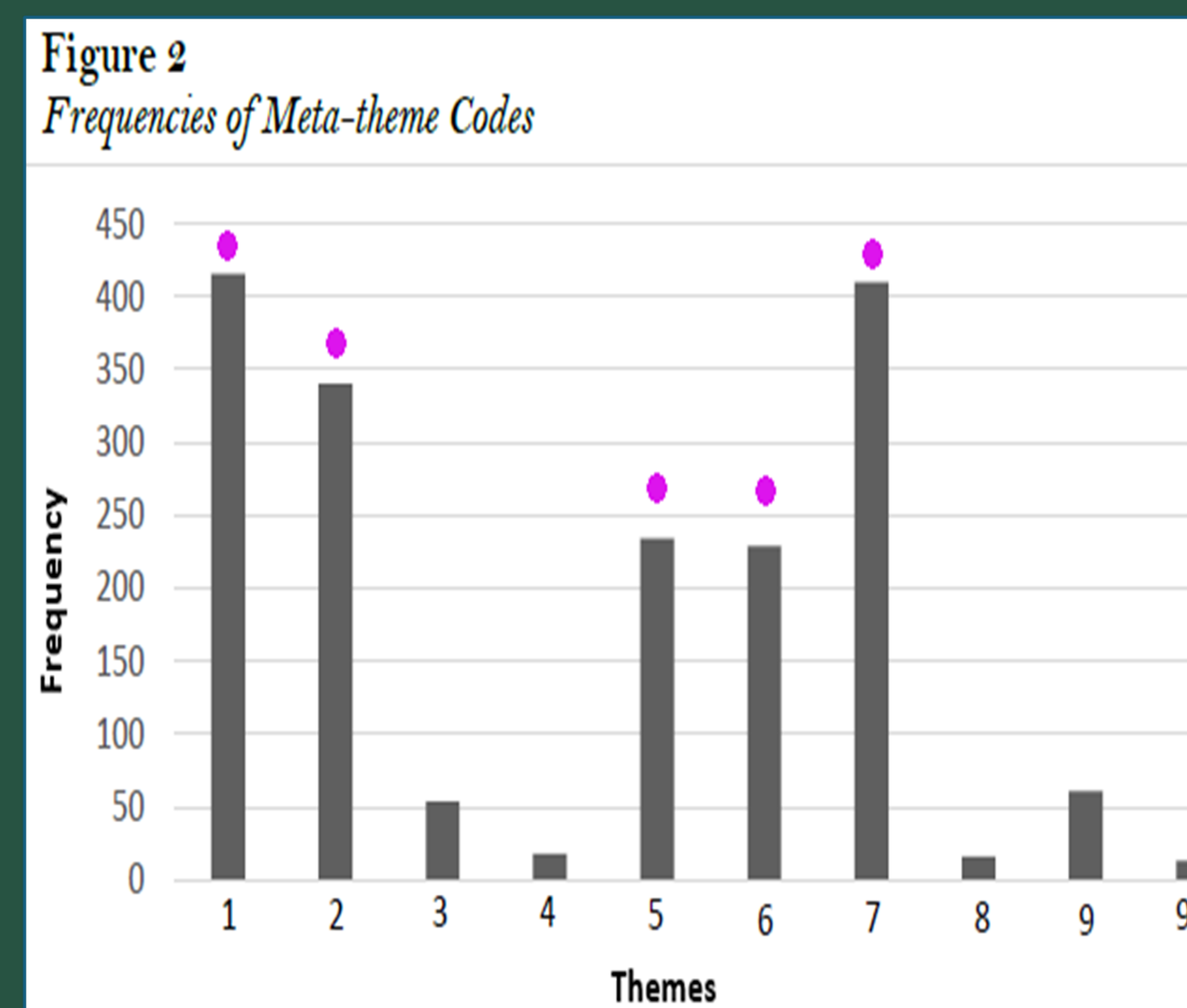
Play and Physical Activity in Adulthood:

- ▶ Limited research on adult play exists. ^{3,4}
- ▶ Mental and physical benefits.
- ▶ Many forms of physical and mental activities. ⁴
- ▶ Barriers for play and physical activity in adulthood:
 - Limited time.
 - Few opportunities for sports.
 - Lack of funds.
 - Proximity.
 - Sports bias against women. ^{5, 10}



Adult Play and Playfulness (Lubbers et al., 2023)

1. Positive Emotions (416)
2. Experience of Life (340)
3. Mental Health (54)
4. Social Norms (18)
5. Relationships (234)
6. Activities (229)
7. Humor/Laughter (410)
8. Origin of Play (16)
9. Motivation to Play (61)
99. Coding Not Available (13)



Play in Elderhood:

- ▶ Examples of play in elderhood:
 - Board games.
 - Sports.
 - Exergames and video games.
- ▶ Benefits of play for elders:
 - Cognitive improvements.
 - Increased reaction time.
 - Physical improvements like balance & mobility.
 - More social opportunities. ^{6,7}



Conclusion/Future Research:

- ▶ Fun helps increase physical activity routine adherence. ⁸
- ▶ More opportunities for adult play, especially organized sports for women. ¹⁰
- ▶ More research on video games and exergames for elders.

