



# Corporate Health Dynamics Street Therapy

The Ultimate Expression of Human Performance

## BENEFITS OF PLAY

"The Enjoyment in a Day Can Be Tremendous  
if the Mind and Body are Tuned for it!"

1. Fun, Excitement and Challenge
2. Increased Energy and Vigor
3. Increased Endurance
4. More Stamina and Muscular Strength
5. Permanent Weight Loss
6. Better Physical Appearance
7. Increased Flexibility
8. Better Looking in Clothes
9. Healthier Heart and Lungs
10. Improved Social Skills
11. Relaxed Attitude and Disposition
12. Ability to Be More Active
13. More Respect from Others
14. Less Pressure from Society
15. Helps with Smoking Cessation
16. Increased Personal Pride
17. Better Self Control
18. Less Stress and Tension
19. Better Self-image
20. More Self-confidence
21. Less Hassle from Friends and Family
22. Reduced Effects of Aging
23. Increased Self-esteem
24. Better Concentration
25. Creates a Zest for Life
26. Fewer Visits to the Doctor

"There is no drink, pill, food, shot, operation, hypnotization, hospitalization or drug that can come close to what our bodies and minds are capable of creating through the Power of Re-creation and the Art of Play!"

Make Play "your way" to add happiness to your day!

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Leadership Dynamics Specialist, Speaker, Author



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## PLAY POWER

The Perfect Prescription  
For Optimum Health and Overall Well-being  
Take one or more of these activities three times a week

1. Tennis
2. Volleyball
3. Swimming
4. Bicycle Riding
5. Rollerblading
6. Roller-skating
7. Hiking
8. Skiing
9. Basketball
10. Football
11. Frisbee Golf
12. Dancing
13. Rope Jumping
14. Hula Hooping
15. Soccer
16. Running with Your Dog
17. Fencing
18. Yoga
19. Walk-Weight Training
20. Kite Flying
21. Surfing
22. Mall Walking
23. Sledding
24. Camping
25. Rock Climbing
26. Water Aerobics
27. Karate/Martial Arts
28. Boxing
29. Ping-Pong
30. Aerobics
31. Fun Running
32. Softball
33. Golf
34. Street Hockey
35. Hang Gliding
36. Pilates

## PASSIVE PLAY POWER

33. Drawing
34. Fishing
35. Museums
36. Bird Watching
37. Crafts
38. Visiting/Socializing
39. Volunteer Work
40. Going to Parks
41. Horticulture
42. Board Games
43. Billiards
44. Cards
45. Listening/Playing Music
46. Painting
47. Darts
48. Writing
49. Family Outings/Gatherings
50. Beach-Combing

The *Art of Play* and the *Power of Recreation* are in essence the *Secrets of Youth and Life-long Vitality!* Achieve Your Vision with Precision!