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about older adults and how they are using this time. Some seniors are becoming involved in recreation and physical activities that help to meet certain needs or adjustments in their life. They are also choosing previously postponed ways to spend this new free time such as reading books or returning to school or volunteering for various projects. One priority for seniors is to spend time with their grandchildren. These offspring have an uncanny way of motivating and explaining to their kin how technology can improve their lives (Lou, 2010). Also many older adults spend time and resources going on long dreamed of vacations and travel. The popularity of social dancing, gardening, and various exercise classes for older adults is a phenomena worth considering.

Physical culture is a concept incorporating various facets such as physical activity, recreation, sport, health, education, and free time. This extension of human behavior focusing on the physical dynamic often overlooks the aspect of free time and leisure behavior. Too difficult to determine, measure, or control, the academic perspective of free time is often neglected while researchers focus on what one can control, such as sports teams or physical education classes. There is a need within our field to focus more on overlooked topics such as aging and free time from the perspective of physical culture. One purpose of physical culture, recreation, anthropology, and even anthropometric behavior is to create a lifelong perspective of physical activity that extends into old age.