

The Fun Fifteen



Week One - Time to Limber Up

Watch this video from Practical Wisdom

[10 Benefits of Exercise on the Brain and Body - Why You Need Exercise](#)

“Why is exercise important to our lives at home and at work?”

“How can exercise be a catalyst for making my work-life better?”

Today, we are going to have a real conversation about exercise. It seems like you are either for it or not. There are the athletes that eat sleep and breathe exercise, those who only do it because they must, and those who hate it.

Which category do you fall into and why?

Weekly To-Do's:

1. Get started on your 21-day Fun 15 challenge and keep it going!
(If you already exercise regularly, make sure to pick a new type of exercise to challenge yourself with)
2. Make sure to use your 21-day Challenge Journal to track your progress.

Alternative Discussion

- Who do you know that exercises regularly?
- Do you think their exercise impacts their happiness?