

The Fun Fifteen



Week One: Time to Limber Up

Pework Expectation: Watch this video from Practical Wisdom
[10 Benefits of Exercise on the Brain and Body - Why You Need Exercise](#)

Learning Objective: (“Each participant...”)

- Can identify what is meant by The Fun 15
- Will discuss the importance of moving their body for at least 15 minutes a day and how this can influence our happiness.

Essential Concept:

Obtain, interpret, understand and use basic health concepts to enhance personal, family, community and workplace health.

- Explain proper prevention/management of health
- Identify how personal choices impact health
- Describe preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction

Skills Required:

- Self-management
- Responsible decision making

Opening question(s):

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

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Thoughts for Consideration:

We all know that exercise is physical activity. For a more technical definition:
(noun) - activity requiring physical effort, carried out to sustain or improve health and fitness.

Connecting This Lesson to Our Work: ("Each participant...")

- How can exercise be a catalyst for making my work-life better?
- What are my colleagues doing for exercise every day?

Action:

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? If you're meeting as a group or team, discuss your relationship with exercise.

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.

Alternate Discussions:

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