

The Fun Fifteen



Week Two - Bull Bits

Watch this video from Body Project
[Fun, low impact workout for TOTAL beginners](#)

Do you think that what you do matters? How do you know?

Bull was the character from the parable that shows us that what we do matters. He is a hard worker with a focused mindset. Working hard brings results. What if we interpreted this to center around The Fun 15? When you exercise there are so many good things that come from it. You have a healthy body and a healthy mind. You also will have improved sleep with exercise. There are different forms of exercise. There are many ways to get the benefits of exercise.

Today, we're going to pick several types of exercise that we can commit to doing over the next 21 days. List the exercises that you'd like to accomplish to help you fulfill your Fun 15 challenge. Just 15 minutes of exercise, once each day.

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Weekly To-Do's:

1. Continue 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

- If Bull represents the "all work and no play" ideal, what part of his "what I do matters" work ethic is good for the island?
- How can we establish hard work as a positive attribute while recognizing that it's also important to understand that what we think matters too?