

The Fun Fifteen



Week Two: Bull Bits

Pework Expectation: Watch this video from Practical Wisdom
[5 Minute Office Break Workout: No Equipment Low Impact Movement for Your Workday!](#)

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

- Can incorporate 15 minutes of exercise into their day.
- Will discuss the importance of moving their body for at least 15 minutes a day.

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):

“Do you think that what you do matters?”

“How do you know?”

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Thoughts for Consideration:

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.

Connecting This Lesson To Our Work:

- Could exercising before or after work benefit you?
- What benefits would impact your personal life?
- What benefits would impact your work life?

Action:

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.

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.

Alternate Discussions:

- Is there an exercise that you haven't yet done that you think you might enjoy?
- Is there a connection between enjoying and exercise and gaining benefit from it?