

The Fun Fifteen



Week Three: Get Happy

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

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

- Can identify the types of exercise that interest them.
- Will discuss the importance of knowing what they like, so they will be more likely to sustain the exercise regimen

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 exercise on a regular basis?”

Or

“Do you know a form of exercise (or a series of exercises) you can do daily, that you can enjoy?”

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Thoughts for Consideration:

When we exercise, we release tension from our bodies, and there are chemicals in our brains that stimulate happy emotions. Our bodies can become tight from stress. There can be tight muscles across our shoulders and other areas of our bodies.

When we exercise, or move our bodies, that tightness will sometimes go away. That means that we can be more relaxed and therefore, happier. When we exercise, it's like we are telling our brains and our bodies, that we matter, and we're important. We are tricking ourselves into believing that we are worth being taken care of.

Connecting This Lesson to Our Work:

- Ask your cohorts what their favorite exercises are?
- How can doing exercises we know we'll enjoy help our work life?

Action:

Part of understanding that exercise can create happiness for you, is also seeing that exercise can be fun. There are lots of people who feel that exercise is a chore and isn't fun. Last week we asked you to list some exercises you thought you could commit to. Today, we're asking you to refine that list to ensure the exercises are ones you can enjoy.

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:

- 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?