

The Fun Fifteen



Week Four: Reflection

Pework Expectation: Watch this video from Athletica on working out with friends.
[BFF Workout 1 \(How to exercise with a friend\)](#)

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

- Can reflect back on their 21-Day Challenge and determine the importance of The Fun 15 tactic.
- Will discuss the importance of being able to look back and decide where the tactic had an impact on their life and work, or not.

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):

“Does anyone remember what it means to reflect? “

Or

“What do you remember about other reflection activities we have done?”

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Connecting This Lesson to Our Work:

- Has this experience been positive for your work-life?
- What would you say to colleagues who are looking to take on regular exercises in their day-to-day lives?

Action:

Look back on the past four weeks of your Fun 15 Challenge. Your task is to tell others about your experience and, via reflection, explain to them how it's impacted you over the course of the 21 days. If it's in your wheelhouse, why not get someone else to share your workout?



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?