**NUTRITION & FITNESS 2022 December 10, 2021**

**Today’s Agenda (Day 78)**

1. HOMEWORK CHECK

🡪

🡪

1. CLASS ACTIVITY

🡪REFLECTION:

1. How have you historically thought about/approached the realms of nutrition and fitness? (min. 3)
2. What will be your nutrition and fitness focus for 2022? (min. 3)

🡪 VIDEO**: The Game Changers**

HOMEWORK:

REMINDERS:

**NUTRITION & FITNESS 2022 VIDEO REFLECTION**

|  |  |
| --- | --- |
| **WHAT I KNOW/WOULD LIKE TO KNOW?** | **SUMMARY OF VIDEO/TOPICS COVERED** |
| **HOW IS THIS RELEVANT/SIGNIFICANT?****[Discuss in terms of: environmental, economic, societal and individual health consequences, and government/agencies actions]**  | **PROPOSAL FOR FUTURE ACTION** |