**NUTRITION & FITNESS 2022 January 4, 2022**

**Today’s Agenda (Day 79)**

1. HOMEWORK CHECK

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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:

* COMPLETE:

1. Reflection – nutrition & fitness
2. Video Reflection – The Game Changers

REMINDERS:

**NUTRITION & FITNESS 2022 VIDEO REFLECTION**

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| **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** |