**NUTRITION & FITNESS 2022 January 7, 2022**

**Today’s Agenda (Day 82)**

1. HOMEWORK CHECK

🡪 REFLECTION – Nutrition and Fitness

🡪 Video Reflection – The Game Changers

1. CLASS ACTIVITY

🡪 VIDEO CLIPS: Explained

~~\*“Can We Live Forever”~~

\*“Why Diets Fail”

\*“The Future of Meat”

\*“Sugar”

HOMEWORK:

* COMPLETE:

REMINDERS: