



FAMILY TABLE & WORKSHOP 3

PHYSICAL EXERCISE: "The Magic Shield" of Health"



DATE: April 18th 2:30 – 3:30 pm PST, Online, Recording Available

Movement and flexibility is essential for physical and emotional health. We will explore importance of exercise as a tool for:

1. mental focus and stress management;
2. prevention and treatment of many non-communicable diseases;
3. personal empowerment, motivation, and self-esteem.

We will also examine nutrition before and after physical activity.

1. INTRODUCTION

- **Welcome and Acknowledgment**
 - Welcome participants and experts;
 - Acknowledge any special guests or experts in attendance.
- **Agenda Overview**

2. INTERACTIVE INTRODUCTION TO EXERCISE

- **Workshop Preparation "How are you?"** Let's stretch, breathe, and move?
- **Interactive Icebreaker**
- **EXERCISE, HEALTH, AND LONGEVITY (WHY)** Is there a connection between exercise, health, and longevity? Why?
- **EXERCISE, HEALTH, AND LONGEVITY (WHAT AND HOW)** – Offer concrete examples (related to their personal life)
 - What is the ideal form of exercise?
 - What kind of exercise
- **NUTRITION AND EXERCISE – More personal approach**
 - The importance of balanced nutrition before and after physical activity.
 - The importance of hydration before and after physical activity.
 - Examples of pre-exercise meals/snacks and post-exercise nutrition

3. TRIVIA GAME (2:45-50-3:00) – EXERCISE, HEALTH & LONGEVITY TRIVIA QUESTIONS

4. 3:00–3:15-YOGA – SEATED OR STANDING PRACTICE FOCUSED ON CREATING ENERGY + PRANAYAMA/BREATHING TECHNIQUE TO OVERCOME FATIGUE AND RECOVER

5. 3:15-CLOSE – WINNER/S OF THE TRIVIA GAME

6. 3:15/ 3:30-MODERATOR & JEP STUDENT – POST EVENT DISCUSSION