Introduction (5 mins): Start this month’s Get-Together on EXERCISING by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): Being in the body
Take a moment to gently tune in to the experience of being here, by noticing the sensations arising in our body. Notice the contact of the feet on the floor, your back supported by the chair, or the movement of the breath in the body. Slowly scan from head to toe and see what you find.

Gratitude Exercise (10 mins): Grateful for what our body can do
Reflect for a moment on some of the wonderful things that your body allows you to do. Perhaps you might think of some of the places your feet have taken you, or the sights your eyes have allowed you to see. Turn to someone next to you and share a little of what came up for you.

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): Using our bodies well?
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

We’ve evolved over hundreds of thousands of years to be precisely suited to the natural environment. However, in recent times our way of life has dramatically changed and how we use our bodies today is significantly different from how we have behaved for millennia before. In many ways the way we live our lives now is quite astonishing. We can do a full day’s work or connect with colleagues or customers around the world from the comfort of our own desks - whether we are at home or in an office. We can easily travel significant distances ... As fantastic as all this is, it’s contributing to ill health now and raising the potential for it in the future. Our bodies are simply not designed for the life we lead today.

Find out more in 10 Keys to Happier Living (Chapter 3): www.actionforhappiness.org/book

Questions for discussion:
- What ways of staying active and healthy do you really enjoy?
- How could we integrate more healthy activity into our daily routines?
Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: www.actionforhappiness.org/get-together

“Take care of your body. It’s the only place you have to live”

~ Jim Rohn