

# Assignment 11

---

## MAS S63 Tools for Wellbeing

Due 9pm Thursday 11/20. Do not forget to include your name and email address in your submission.

**Please follow** the the following name convention to name your files:

<FirstNameLastName-Assignment11.pdf>. For example JohnDoe-Assignment11.pdf.

You should upload your file here: <http://bit.ly/1wDvUQ7>

### 1 WATCH

Watch the talk by Professor John Ratey on exercise and brain health from earlier this year:

<http://bit.ly/1uwAgeX>

### 2 EXERCISE 1

Reflect on the nuances of people's daily lives and exercise and answer the following questions:

1. From Professor Ratey's talk, select three segments that you deem to be very important. Provide the start and end video time for each segment and explain why you deemed each segment to be important.
2. Consider you are given the task of making your department a fit workplace through exercise and ergonomics. Consider also that you have a finite budget as a constraint and that there is a wide variation in the demographics within your department. Expound two solutions to make people in your department more physically fit.