

## **Empathy Activity**

Wear the body fat replica and fat belt for a minimum of three (3) hours, during which time you are involved in some activities of daily living, e.g., housework/cleaning, preparing a meal, etc. (you should not be sitting the entire 3 hours).

Jot down your feelings about the experience. These will be turned into the Internship Coordinator.

Discuss activity as a group with PDI staff and other interns.