

CATHOLICFIT WORK SHEET

for students and families

Name: _____

Parent/Guardian Sign: _____

TENTH PRINCIPLE

MOVE WITH INTENTION

WEEKS 9-10: TOTAL BODY-COMBINATION MOVES

Our goal is a “movement lifestyle” in both faith and fitness. What we consider exercise is just one fraction of your daily movement, so be mindful of how you move throughout the day.

Relationship with Christ

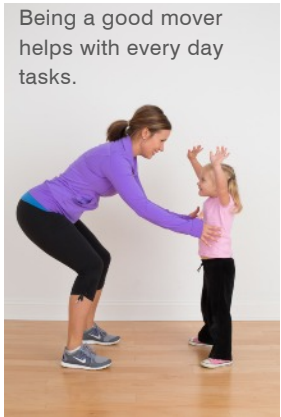
What separates Christians from other believers is their faith in a *personal* Relationship with Jesus Christ. This is the primary journey of the Christian life. Just as our physical strength centers around our core muscles, CCC #1618 *Christ is the center of all Christian life*. Being CatholicFIT includes praying for faith in this relationship.

This faith in knowing Jesus can be tough ... even for Mother Teresa.

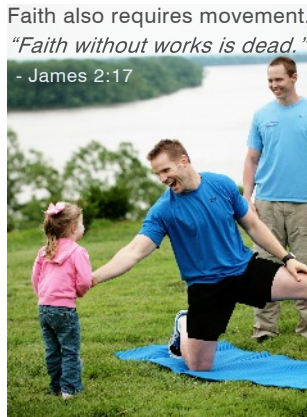
Mother Teresa prayed for faithfulness. She said, “God does not require that we be successful only that we be faithful” and “be faithful in small things because it is in them your strength lies.”

Individually, these ten principles may be small, but together can build inside of us great physical and spiritual strength.

Attend your church this weekend and say an extra prayer to God for faith and guidance to keep Him at the center of your life. You will not always be successful (in this), but you can have faith that God wants you to be happy, healthy and fit!



Being a good mover helps with every day tasks.



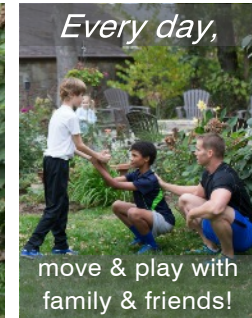
Faith also requires movement. *“Faith without works is dead.”* - James 2:17



Get outside!



Families who exercise together stay together.



Every day,

move & play with family & friends!

ACT WITH INTENTION

PRIMARY GOAL THIS WEEK



Attend your church this weekend - while the Catholic community provides an awesome culture of education, sports and activities, the “core” of the faith is found at the Sunday Eucharistic Celebration.

FINALE FAMILY FITNESS CHALLENGE!!

Trinity High School, Sat. April 23rd, 9-11 am

*Please join us for this awesome event ... everyone is invited!!

