This week in CATHOLIC FIT

We moved ...

Practicing our "Curl Up" for core strength & "Deep Squat Stretch" for total body mobility.







We talked about what "good movement" looks like, and the meaning of *physical literacy*.



We connected ...

Our Faith

I am here for a reason

(CCC#1618)

To our Fitness

I am how I move

(CCC#2288)

To our purpose as Christians: Service

I am fit to serve

(CCC#1618)



We reflected ...

We asked and discussed: what does it mean to be Catholic? And what does it mean to be fit? We discussed how important these questions are at any stage or age in life.

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