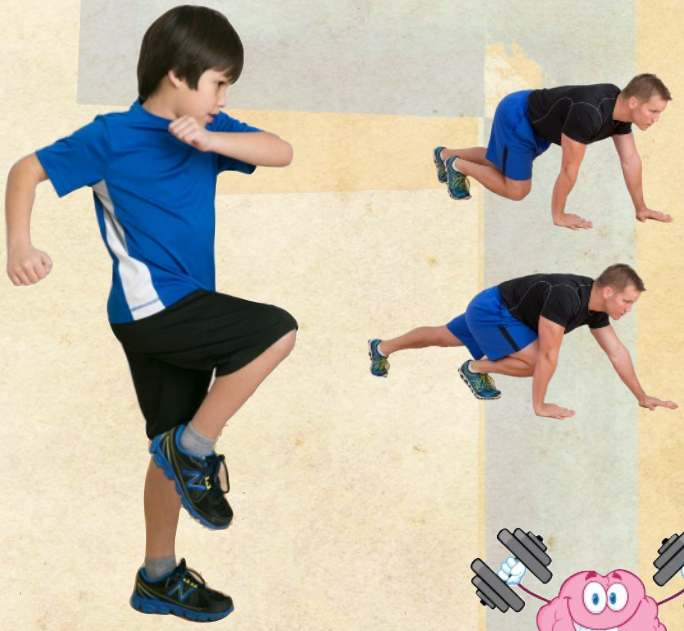
This week in CATHOLIC FIT

WE MOVED ...

PRACTICING LOCOMOTION MOVES: AGILITY, (SKIPPING & SIDE SHUFFLES) ANIMAL EXERCISES, (BEAR CRAWLS & INCH WORMS) & SO MUCH MORE!





WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

WATER

I am what I drink

FROM HELPING TREES GROW & SATISFYING OUR THIRST, TO BLESSING OURSELVES WITH HOLY WATER AT MASS, WE LEARNED: "SINCE THE BEGINNING OF THE WORLD, WATER HAS BEEN THE SOURCE OF LIFE AND FRUITFULNESS." - CCC#1218



WE REFLECTED ...

WE LEARNED HOW IMPORTANT IT IS TO STAY HYDRATED, AND WHAT HAPPENS WHEN YOU ARE DEHYDRATED:

MUSCLE INJURIES TO MIGRAINES TO FALSE HUNGER AND CRAVINGS – WATER IS CRAZY IMPORTANT!

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