This week in CATHOLIC FIT

WE MOVED ...

PRACTICING ALL TYPES OF SQUATS: AIR, PAUSE, DOUBLE, AND SINGLE LEG SQUATS FROM A CHAIR.



WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

FOOD & FASTING

I am what I eat.

WE DISCUSSED THE DIFFERENCE BETWEEN MINDFUL EATING AND FASTING, AND THAT JESUS OFFERS US THE ULTIMATE FOOD FOR OUR SOUL: THE EUCHARIST - CCC#1324



WE REFLECTED ...

WE LEARNED ABOUT "GOD-MADE" FOODS: WHOLE, NATURAL FOODS THAT DO NOT COME IN A BOX. WE TALKED ABOUT EATING "GOD-MADE" FOODS MOST OF THE TIME ... THOUGH WE CAN ALWAYS MAKE A LITTLE ROOM FOR PIZZA & ICE CREAM!!

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