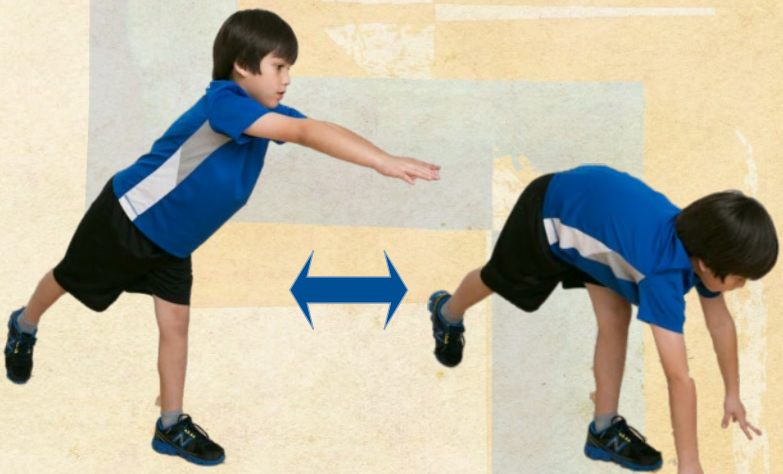
This week in CATHOLIC FIT

WE MOVED ...

PRACTICING HOW TO PICK THINGS UP AND TOUCH OUR TOES, EVEN WHILE BALANCING ON ONE FOOT!



Toe Touch



WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

SLEEP & REST

I am how I sleep.

WE DISCUSSED THAT SUNDAYS ARE A TIME FOR UNPLUGGING FROM TECHNOLOGY AND RELAXING OUR BUSY MINDS WHICH HELPS US GROW AS CHRISTIANS - CCC#2186



WE REFLECTED ...

WE LEARNED ABOUT THE IMPORTANCE OF SLEEP AND HOW BEST TO WIND DOWN BEFORE BEDTIME; ESPECIALLY HOW LATE NIGHT SCREEN VIEWING CAN NEGATIVELY IMPACT OUR REST.

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