This week in CATHOLIC FIT

We moved ...

Practicing several types of planks and push ups to improve our core stability and pressing strength.

Push Up Plank



Push Up



We connected ...

our faith & our fitness with the principle of

Family & Community

I am who I surround myself with.

We talked about how our family life influences life outside of our family: the family should live in such a way that its members learn to care and take responsibility for the young, old, sick, the handicapped, and the poor - CCC#2208

We reflected ...

discussing how our daily habits are influenced by the people we spend the most time with, and thought about what healthy activities we can do with our family and friends.



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