This week in CATHOLIC FIT

WE MOVED ...

PRACTICING DIFFERENT "PULLING STRENGTH" MOVES LIKE PULL UPS, HANGING, BAND ROWS, AND TRX ROWS.



TRX and Band Rows



Pull Ups & Pull Up Bar Hangs

WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

SELF CONTROL

I am what I focus on.

WE DISCUSSED THAT WHILE SELF CONTROL IS NOT ALWAYS COMFORTABLE, POPE BENEDICT REMINDS US THAT, "WE ARE NOT MADE FOR COMFORT, WE ARE MADE FOR GREATNESS."



WE REFLECTED ...

ON DECISIONS WE MAKE EVERY DAY THAT LEAD TO OR AWAY FROM MORE PHYSICAL AND SPIRITUAL HEALTH. WE TALKED ABOUT HOW TO PRAY EACH TIME WE STRUGGLE WITH OUR SELF CONTROL.

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