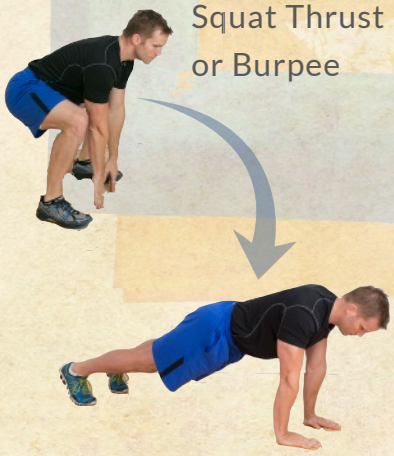
This week in CATHOLIC FIT

WE MOVED ...

COMBINING TOGETHER ALL OF THE CATHOLICFIT MOVES, EXERCISES, AND MORE!!

Squat Thrust or Burpee



Dribble, pass, kick, shoot, catch a ball



Get Up Sit Up



Turkish Get Up



WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

PRAYER & REFLECTION

I am how I pray.

WE PRACTICED MINDFULNESS AND SIMPLY TALKING TO GOD, AND LEARNED THAT "PRAYER IS THE RAISING OF OUR MIND AND HEART TO GOD." - CCC#2559



WE REFLECTED ...

ON WHAT IT MEANS TO HAVE A "GROWTH MINDSET", LEARNED ABOUT ST. IGNATIUS' DAILY EXAMEN, AND PRAYED USING THE ROSE, BUD & THORN ROUTINE AT THE END OF OUR DAY.

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