

## 3<sup>rd</sup> and 6<sup>th</sup> Grade Families – Welcome to CatholicFIT

Beginning next week, 3<sup>rd</sup> and 6<sup>th</sup> grade students from all eight Federation schools will be participating in a ten-week “faith and fitness” program called CatholicFIT. This program is an example of how each school, working in collaboration with the other Catholic schools in the Northeast Deanery Federation enables us to maintain and increase the excellence of our academics and faith formation.

“CatholicFIT is about bridging the values of the Catholic Church with our body’s natural desire and ability for strength and movement. Practicing this connection helps us live a healthy and fit lifestyle, so we can continue to serve others. No matter your age or fitness level, we hope to offer you and your family a new and motivating, faith-based perspective for becoming the healthiest version of you.” – CatholicFIT Creator, Dave Reddy

### Program Events & Dates to Know:

- Feb 8<sup>th</sup> – the program kicks off in your student’s PE Class. Please keep an eye on your inbox for your first email complementing the school lessons with tips and videos from CatholicFIT.com.
- Feb. 20<sup>th</sup> - you are invited to the kickoff breakfast and presentation at SSM DePaul Health Center, who is one of the sponsors of the program. We will introduce the program and Dr. Amy McClintock, a Sports Medicine specialist, will discuss “preventing and managing sport injuries for young students and athletes.”
- Feb. 20<sup>th</sup> – SLU Basketball Catholic Education Night – all CatholicFIT participants have first dibs on tickets to this fun night of basketball. See the attached flyer.
- March TBA – two fun family workouts at St. Ferdinand Catholic School Gym
- April 23<sup>rd</sup> – the finale “Family Fitness Challenge at Trinity High School Track

Thank you so much and we hope to see you at an event soon,

[Principal, Homeroom or P.E. Instructor]

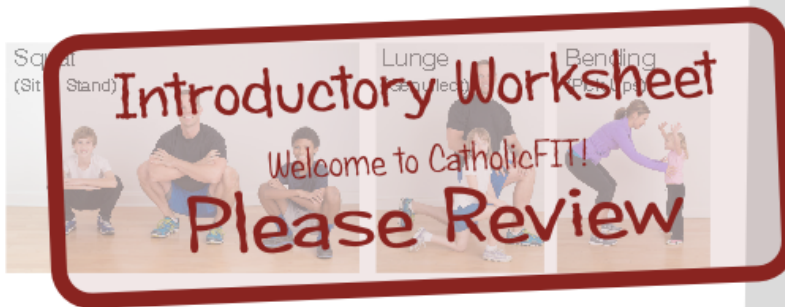
## TEN CATHOLICFIT PRINCIPLES

### Weekly Worksheet: Introduction

### MOVE WITH INTENTION

#### WEEKLY STRENGTH & STRETCH MOVES

Each week we cover one of "fundamental human movements", exercises physical education and fitness experts use with students, athletes and people of all ages, levels and goals. Please take a few minutes to practice the moves as a break from your student's "regular" homework and/or as a part of your family's exercise time.



We will also learn "stretch & mobility exercises" that will help you perform the above exercises AND combat the excessive sitting students and adults alike experience. Pictured below are a few examples of these exercises:



### EAT & ACT WITH INTENTION

#### WEEKLY NON-EXERCISE GOALS

Each week you will have a simple but effective non-exercise goal that is meant to strengthen your faith, family and fitness in other ways than exercising, such as drinking more water and getting good sleep.

### FAMILY FITNESS WORKSHOPS

An opportunity for families to exercise together in one of the Federation gymnasiums - with music, the CatholicFIT Coaches, attendance prizes and fitness tips for parents. Please join us for one of these fun events, especially for the kickoff event on Feb. 20<sup>th</sup> at Depaul Health Center in Bridgeton.

Name: Student's name goes here.

Parent/Guardian Sign: homeroom teacher each week.  
^ Please sign/return to your

## FAITH & FITNESS

### Ten Principles

This program covers the Ten CatholicFIT Principles, along with five fundamental exercises which together, may help form a strong foundation of physical and spiritual health.

"Universal" fitness principles that can help any and every body!!

While your student will be practicing these ideas at school, we believe their fitness habits begin at home. We hope you can practice a few of these goals each week. These exercises are to the body what addition and subtraction drills are to the brain.

"What does the Catholic Church and bible say about that?"

CCC = Catechism of the Catholic Church. This is basically the handbook for Catholics. It is referenced by paragraphs. Therefore, if you see CCC#2333, this line comes from the 2333<sup>rd</sup> paragraph. Look for these references and other biblical lessons to reinforce the faith and fitness principles we explore each week.

For more videos, articles and handouts, visit [CatholicFIT.com](http://CatholicFIT.com).





## CatholicFIT

**Attention 3rd and 6th grade students & families!**

As you begin the CatholicFIT program in your PE classes, you also have a special opportunity for FREE tickets to a SLU basketball game on Saturday, Feb. 20th, 7pm at Chaifetz Arena. The Billikens are *Celebrating Catholic Education* that night and have invited you to be their guests! Archbishop Robert Carlson, Dr. Kurt Nelson, and Dr. Fred Pestello will all be in attendance that night, along with many other fans of Catholic Schools and the Billikens!

**CELEBRATING CATHOLIC EDUCATION NIGHT**

**FEB. 20TH**  
**CHAIFETZ ARENA**  
**7:00 P.M.**

**FREE TICKET OPPORTUNITY FOR 3rd and 6th Grade CATHOLICFIT FAMILIES NE DEANERY FEDERATION**



**Request Your Tickets Online Today:**  
**[www.federationofcatholicschools.org/SLU-220](http://www.federationofcatholicschools.org/SLU-220)**  
**Questions? Contact Cara Koen at 314-537-3174 or**  
**[advancement@federationofcatholicschools.org](mailto:advancement@federationofcatholicschools.org)**

### **FREE TICKET REQUEST: DUE FEB. 10**

A limited number of free tickets are available, up to 4 per student (3rd grade and 6th grade students qualify for this special offer). Tickets available on first-come, first-served basis, while supplies last. Please make your request soon—fill the form out online (preferred) at [www.federationofcatholicschools.org/SLU-220](http://www.federationofcatholicschools.org/SLU-220) or mail this printed form by February 10 to: Cara Koen, 1345 Willowbrook, Florissant, MO 63033

Student Name: \_\_\_\_\_

School/Parish: \_\_\_\_\_

Grade Level:  3rd Grade  6th Grade Teacher Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone (cell preferred): \_\_\_\_\_ Email \_\_\_\_\_

# of Free Tickets Requested (check one):  2 tickets  3 tickets  4 tickets

*Please note: we appreciate this generous offer from Saint Louis University and are committed to filling the seats that they are providing. Please only request tickets if you are definitely planning to use them!*

