

CATHOLICFIT WORKSHEET

Introduction

Name: _____ Student's name goes here. Parents Initial: _____ *Optional according to Teacher's instructions

3 Parents & guardians, please review with your student

FAITH & FITNESS

1 EIGHT WEEKLY LESSONS

WITH AN EXERCISE OF THE WEEK

Each week we do an exercise that will help you get healthy and strong. Practice these moves in PE Class, as a break from your homework, and as a part of your family exercise time.

Squat
(Sit to Stand)

Welcome to CatholicFIT!

Please Review the 3 Sections

This introductory sheet explains what will be on each weekly worksheet for the 8 week program.

2 REFLECTION QUESTION & GOALS

YOU WILL HAVE A QUESTION TO THINK ABOUT IN THIS SECTION

This section helps you think about your faith and fitness at the same time. It also focuses on healthy habits other than just exercising, such as drinking more water and getting good sleep.



What is CatholicFIT?

In this third section, we will learn about the CatholicFIT Pillars and Principles. These ideas help us stay fit and faithful, and remind us to use our fitness to honor God and serve others.

“As the family goes, so goes our nation and the whole world.”

– Pope John Paul II

While you will be practicing these things at school, we know your fitness habits begin at home. We hope you can practice the exercises with your family at home each week.

“What does the Catholic Church and bible say about that?”

The bible teaches us all kinds of cool things about being a Christian and a good person. There is another book that teaches us about being Catholic. It is called the Catechism. When you see “CCC” in this section, that means the idea came from the Catechism of the Catholic Church book.

For more videos & articles visit CatholicFIT.com.

FITNESS WORKSHOPS & FINALE CHALLENGE

There will be a few fitness workshops you and your family can attend in one of our school gymnasiums. You can exercise with other students and families and learn many more exercises you can do at home.





CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

Name: _____ Parents Initial: _____

THREE PILLARS

WEEK 1: I AM FIT TO SERVE

EXERCISE OF THE WEEK: CURL UP

Keep your heels on the floor, try not to hold your breath, touch your hands to the floor, then "curl up" and touch your toes. Homework: 2 sets of 10 reps.



You will be tested on how many curl ups you can do in 60 sec. Practice this one at home. It will also be part of the finale Challenge in April at Trinity High School.



Faith

Catholics believe faith gives us a reason to be alive. It gives us hope. We have faith in Jesus Christ. We look for Jesus in each person we meet, and treat them as we would treat Jesus. "Christ is the center (or core) of all Christian life." (CCC#1618)

Fitness

Catholics believe that to have faith means you have to act on it, such as helping others, praying often and going to church. (James 2:17) Fitness is the same. Being fit means you move a lot every day. We aim to live a "movement lifestyle." We move, play and exercise every day, remembering that our health is a precious gift. (CCC#2288)

Service

Catholics live to help others. *Faith in action is love. Love in action is service.* (Mother Teresa) CatholicFIT is about action in both faith and fitness. We pay it forward, share our success, and practice "stewardship." Christian stewardship is to offer your time, talents and your treasure to help others. To be CatholicFIT is to stay fit in order to help others.

REFLECTION QUESTIONS

If you want to be a faithful and fit person, it is important to think about what it means to you to be these things.

WRITE 3 WORDS THAT MEAN CATHOLIC TO YOU:

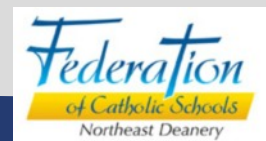
1. _____
2. _____
3. _____

WRITE 3 WORDS THAT MEAN FITNESS TO YOU:

1. _____
2. _____
3. _____

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REFLECTION QUESTIONS ON IDENTITY

Identity-based behavior means we are motivated to act in a way that aligns with how we identify ourselves. If we identify as a fit person, we may create habits to support this identity. Therefore, to set and achieve any goal, it is important to first develop a unique, personal identity to support this goal. The following questions help us develop faith and fitness-based identities:

WRITE 3 WORDS OR IDEAS THAT MEAN CATHOLIC TO YOU:

- Being a part of a big family ... being challenged to live a good life ... Jesus ... Mary ... Church ... relationship with God
1. A place to learn about my faith and spirituality. a road map to heaven, where I can learn to be a saint
 2. Having a moral compass. finding love and support from others, going to Mass (at least) every Sunday, being a man of virtue

WRITE 3 WORDS OR IDEAS THAT MEAN FITNESS TO YOU:

- Healthy - always healing, having energy.
1. eating good food, movement, training
 2. Strong in mind and body - able to handle stress, always learning about my body, flexible, fast, rested, helping others
 3. Wrestling with kids, playing basketball, hiking, biking, soccer. dancing. swimming, just playing!

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THREE PILLARS

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Fitness

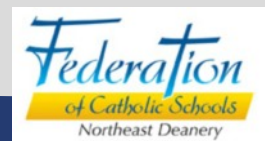
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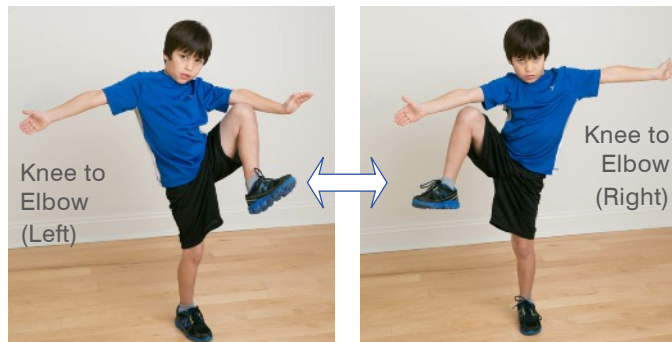
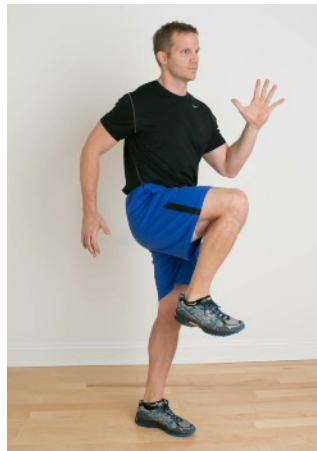
FIRST PRINCIPLE

WEEK 2: I AM WHAT I DRINK

EXERCISE OF THE WEEK: AGILITY EXERCISES (AT HOME: HIGH KNEE HOLD & MARCH)

At school we did agility exercises (skipping, side shuffle, back pedal, etc.) At home, if you have less space, practice standing in place, doing a slow motion high knee march, and try to hold that knee up, so that your knee is higher than your hips, for 10 seconds each step (pictured right.)

Stand as tall and straight as you can. Practice 2-5 holds per leg. Also, try slowly touching your knee to your elbows held out to each side (pictured below.)



Water

At baptism, people begin their lives as Christians when they are blessed with water. This makes water the perfect principle to start the CatholicFIT program. What happens in your body when you do not drink enough water? Read below to find out.

Water is crazy important!

When your body doesn't have enough water, you are "dehydrated." Dehydration may lead to muscle injuries, headaches, poor mental focus, sinus problems, cramps, and dry skin. (These things are bad.) Water, on the other hand, is awesome!

"Since the beginning of the world, water, so humble and wonderful a creature, has been the source of life and fruitfulness." (CCC#1218)

REFLECTION QUESTION & GOAL

EACH DAY, DRINK AT LEAST HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER. LET'S DO THE MATH:

If you weigh 80 lbs. aim for at least 40 ounces of water a day. 1 cup equals 8 oz. 40 ounces = 5 cups. Track each cup below.

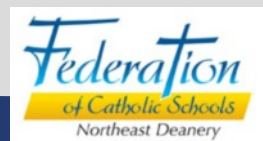
Bodyweight ___ lbs / 2 = ___ ounces / 8 ounces = about ___ cups per day.

Date: ___/___/___ Goal: ___ cups Check each circle for each cup of water you drink.

1. 2. 3. 4. 5. 6. 7. 8. 9.



Life and fruitfulness sound pretty good, and they both begin with water. Catholics try to live a fruitful, healthy life. Sometimes, this can be tough to do. When you are dehydrated, it is even tougher. Think about this the next time you drink water or bless yourself with holy water.



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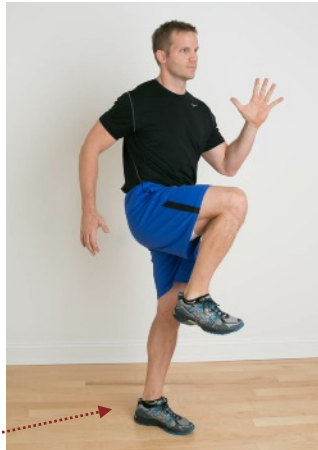
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Stand as tall and straight as you can. Practice 2-5 holds per leg. Also, try slowly touching your knee to your elbows held out to each side (pictured below.)

Parents, this is a great exercise for balance and hip/core strength and mobility. Stand with your knee held even with or higher than your hip while keeping your supporting leg straight and strong. Try this without shoes and socks on too.



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Life and fruitfulness sound pretty good, and they both begin with water. Catholics try to live fruitful, healthy lives. Sometimes, this can be tough to do. When you are dehydrated, it is even tougher. Think about this the next time you drink water or bless yourself with holy water.

REFLECTION QUESTION & GOAL

EACH DAY, THE GOAL IS TO DRINK AT LEAST HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER. LET'S DO THE MATH:

If you weigh 80 lbs. aim for at least 40 ounces of water a day.
1 cup equals 8 oz. 40 ounces = 5 cups. Track each cup below.

Bodyweight 232 lbs / 2 = 116 ounces / 8 ounces = about 15 cups per day.

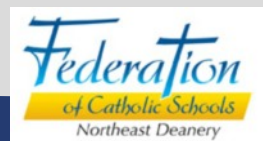
Date: 2 / 2 / 17 Goal: 15 cups Check each circle for each cup of water you drink.

1. 2. 3. 4. 5. 6. 7. 8. 9.



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SECOND PRINCIPLE

WEEK 3: I AM WHAT I EAT

EXERCISE OF THE WEEK: SQUAT (SIT-TO-STAND)

Sit-to-Stand

One of the most important every day movement skills. Practice 10-20 total genie squats or sit and stand from a chair 20 times.

Genie Squat



Goblet Squat



Deep Squat

This is the default resting position for humans, used long before chairs. If your knees hurt with this, your hips and ankles might be stiff.

Deep Squat Stretch



Food & Fasting

Food does more than just give you energy. Food you eat may help you do better in school, can make you happy or crabby, help you play sports, and help you get better when you are sick or injured.

Sweet Moses! Food is really important! Fortunately, God has given us the perfect food.

Mindful eating is when you think about what you are eating, and eat healthier food. Christians do this too for faith reasons, and call it *fasting*. When fasting, rather than think about food and our bodies, we think about our souls and pray for guidance or help for others. Fasting can be as simple as eating a little less or not eating snacks. Fasting is not always easy, but helps you remember the sacrifices Jesus made for us.

What does "you are what you eat" mean to you? Catholics learn something similar about the Eucharist:

The Eucharist is "the source (core) of the Christian life." (CCC #1324) The Eucharist is the sum of our faith: "Our way of thinking is (guided by) the Eucharist." (#1327)

REFLECTION QUESTION & GOAL

LIST THREE "GOD-MADE" FOODS:

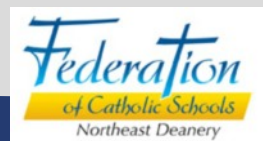
1. _____
2. _____
3. _____

Eat "God-made" foods most of the time. This is food that doesn't come in a box. It is fruit (apples, bananas, oranges), veggies (carrots, broccoli, green beans), some meat, rice, potatoes and dairy (milk, cheese, yogurt.) Then of course, always make a little room for some pizza and ice cream!



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Sit-to-Stand

One of the most important every day movement skills. Practice 10-20 total genie squats or sit and stand from a chair 20 times.

Genie Squat



Goblet Squat



You can use a dumbbell or small child with this exercise while also squatting to a bench, chair, or ottoman.

Deep Squat

This is the default resting position for humans, used long before chairs. If your knees hurt with this, your hips and ankles might be stiff.

Deep Squat Stretch



Do not go this low if it bothers your knees or low back. Pain is bad.

REFLECTION QUESTION & GOAL

LIST THREE

"GOD-MADE" FOODS:

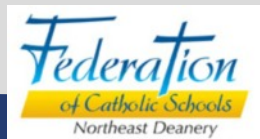
- Grilled or baked chicken.
- 1. hamburger/beef. fish. turkey
- Apples. berries. carrots. peppers.
- 2. green beans. salad. oranges. bananas
- Olive oil. coconut oil. milk. rice.
- 3. potatoes. almonds. cashews. pecans

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THIRD PRINCIPLE

WEEK 4: I AM HOW I REST

Sleep & Rest

EXERCISE OF THE WEEK: FLOOR TOUCH STANDING ON ONE LEG (OR REGULAR TOE TOUCH)

Great for balance, athleticism and strength. this move is one of the Pick Up/Deadlift "movement skills."

Practice 6 times per side for 2-3 sets. Touch your back toe to the floor for help with your balance.



Your body gets healthier and stronger when you are sleeping. Your brain remembers things better, your muscles heal and grow, and your body fights off sickness all during and after sleeping.

If you are not getting enough sleep, guess what might happen some day?

You might not be able to remember stuff you learned, you might make poor decisions, you may crave too much sugar, you may not be as creative, and you may really want to try things like caffeine or nicotine.

Thank God for Sundays!

Just as God "rested on the seventh day from all His work ...," our life has a rhythm of work and rest. We have the Sabbath to help us enjoy time with our families and friends or to just be by ourselves. (CCC #2184) Sunday is time for reflection, meditation, silence, and relaxing our busy mind which helps us grow as Christians. (#2186)

REFLECTION QUESTION & GOAL

WHAT TIME DID YOU GET TO SLEEP LAST NIGHT?

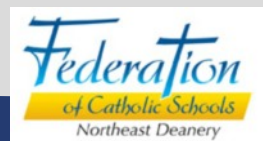
Time: ___:___ am / pm

Try to get in bed before 9 pm AND wind down without electronics at least 1 hour before bed time to help you fall into a more restful sleep. Try to get 9. 10 or more hours of sleep at night. What can you do to wind down before bed?



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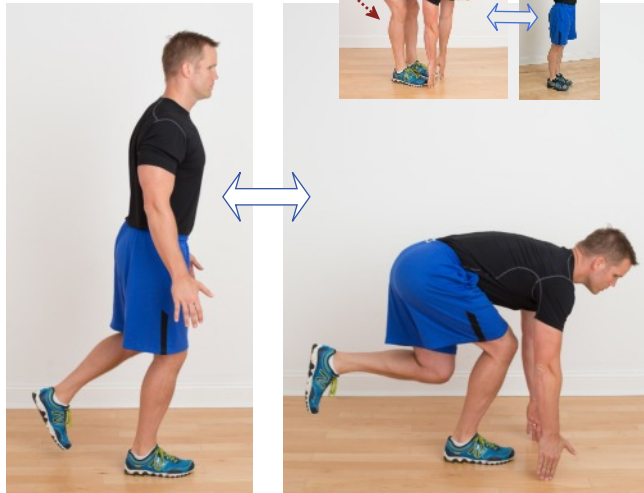
WEEK 4: I AM HOW I REST

EXERCISE OF THE WEEK: FLOOR TOUCH STANDING ON ONE LEG (OR REGULAR TOE TOUCH)

Begin with some regular toe touches, bending your knees as much as needed. This is especially great for "ungluing" your body from sitting all day.

Great for balance, athleticism and strength, this move is one of the Pick Up/Deadlift "movement skills."

Practice 6 times per side for 2-3 sets. Touch your back toe to the floor for help with your balance.



REFLECTION QUESTION & GOAL

WHAT TIME DID YOU GET TO SLEEP LAST NIGHT?

Time: 8:35 am / (pm)

Try to get in bed before 9 pm AND wind down without electronics at least 1 hour before bed time to help you fall into a more restful sleep. Try to get 9, 10 or more hours of sleep at night. What can you do to wind down before bed?



I did some light Catholic Calisthenics stretches, read a chapter of my book and said a prayer.

Sleep & Rest

Maybe the most important health principle because this is when most healing occurs. Your body has an amazing, yet under-appreciated (and therefore under-practiced) capacity for healing. Health is often measured by your body's ability to heal.

If you or your children are not getting enough sleep, you may be inviting:

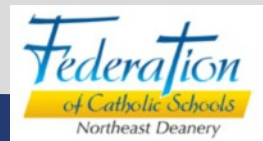
- ... poor judgment and memory, increased impulsiveness, glucose intolerance, less creativity, a craving for sugar, drugs, caffeine, nicotine, stimulants, and alcohol.

Thank God for Sundays!

CCC #2184 *Just as God "rested on the seventh day from all his work ...," human life has a rhythm of work and rest. The institution of the Lord's Day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives.*
#2186 *... Sunday is a time for reflection, silence, cultivation of the mind, and meditation which furthers the growth of the Christian interior life.*

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FOURTH PRINCIPLE

WEEK 5: I AM WHO I SURROUND MYSELF WITH

EXERCISE OF THE WEEK: PUSH UP & PLANK

Begin in the "push up plank" position and hold for 3 breaths. Then slowly lower your body from the top position down to the floor under control. Finally, push yourself back up to the starting position, keeping your shoulders, hips and heels in line. Do not allow your elbows to flare out to the sides. Do 10 reps in under 5 min.



Improve your push up, by holding a "plank" for 30-45 sec. Do not hold your breath!

Family & Community

If you want to reach a fitness goal, surround yourself with positive people with similar goals who will support and challenge you.

Family & community includes your friends, family, school, and parish community.

If you want to get fit, you can join a sports team, health club, or gym to find others doing the same. The Catholic faith is no different. The word *catholic* means *universal*. This means when we join our local parish, we can get support while sharing our journey with friends and family. The Church is our supernatural family who supports and challenges us to be the best version of ourselves.

The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom. Family life is an initiation into life in society. (CCC #2207)

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 poor. (#2208)

REFLECTION QUESTION & GOAL

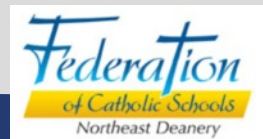
ONE GOAL THIS WEEK

Eat dinner, go for a walk or practice planks together. Healthy habits begin in the home, especially with family. Eating together with family is a great habit and key for building strong bodies and healthy relationships. Write down one of the things you did or will do together as a family this week (dinner, exercise time, other):



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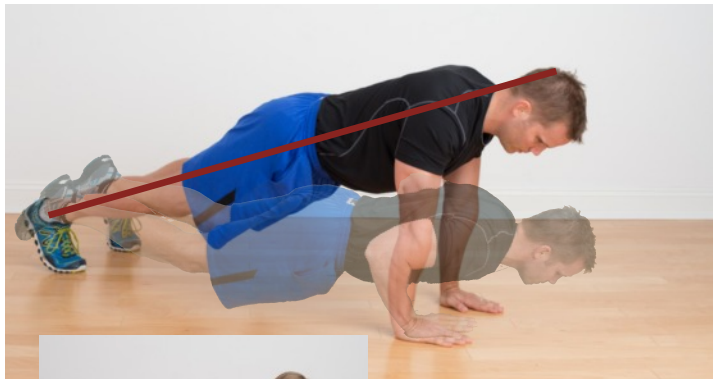
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Family & community includes your friends, family, school, and parish community.



2 ways to improve your push up: practice on your knees or work on only lowering yourself from the top position slowly to the floor. Both help you get stronger. Try not to let your lower back "sag" too much, and keep your hips even with or slightly lower than your shoulders. Stop if you feel pain.



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We will go for a short walk and practice a few CatholicFIT exercises together before bed time.

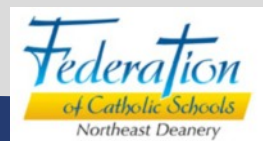


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FIFTH PRINCIPLE

WEEK 6: I AM WHAT I FOCUS ON

Self Control

EXERCISE OF THE WEEK: PULLING & HANGING
(AND OVERHEAD REACH)

This principle is not just about giving things up, as we often do during Lent. It is really about being responsible, staying focused on what is important, and putting "first things first."

Hanging from a pull up bar, monkey bars, or a tree branch is a great way to test your shoulder and upper body mobility and strength.



The world promises you comfort, but you were not made for comfort. You were made for greatness.

- Pope Benedict XVI

Similar to the deep squat, this is a natural movement we have lost in our modern lifestyle - we sit in chairs too much!



Making healthy decisions like eating green beans instead of potato chips is not always easy. Making faith-based decisions is not always easy either, such as getting to Mass on a Sunday morning instead of watching TV or playing video games. Think about which decisions above will help your brain, body and spirit get healthy and strong.

Students, practice hanging for 10-30 sec at a time. Parents, try this or practice reaching overhead with straight elbows, using a door way or wall if necessary. Stop if painful.

God has NOT given us a spirit of cowardice, but of power and love and self-control.

- 2 Timothy 1:7

REFLECTION QUESTION & GOAL

ONE GOAL THIS WEEK

"NO! I WANT TO PLAY MORE VIDEO GAMES!!"

God has given us the gift of power and love and self-control. (2 Timothy 1:7) What may happen when we refuse these gifts? _____



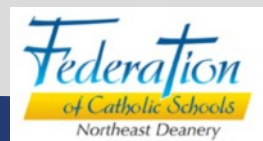
How can you use these gifts this week? _____

St. Paul teaches us to be strict in our training if we want to win the *ultimate prize* (heaven). He encourages us to do as he does. Paul disciplines his body so that he can endure the rigors of being a follower of Christ. He doesn't want to be *disqualified*. Self control allows us to lead by example and live with integrity.

- 1 Corinthians 9:24-27

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(Teacher-Parent-Online Version)

CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

Name: _____ Parents Initial: _____

FIFTH PRINCIPLE

WEEK 6: I AM WHAT I FOCUS ON

Self Control

EXERCISE OF THE WEEK: PULLING & HANGING
(AND OVERHEAD REACH)

This principle is not just about giving things up, as we often do during Lent. It is really about being responsible, staying focused on what is important, and putting "first things first."

The world promises you comfort, but you were not made for comfort. You were made for greatness.

- Pope Benedict XVI

Making healthy decisions like eating green beans instead of potato chips is not always easy. Making faith-based decisions is not always easy either, such as getting to Mass on a Sunday morning instead of watching TV or playing video games. Think about which decisions above will help your brain, body and spirit get healthy and strong.

God has NOT given us a spirit of timidity, but of power and love and discipline.

- 2 Timothy 1:7

St. Paul teaches us to be strict in our training if we want to win the *ultimate prize* (heaven). He encourages us to do as he does. Paul disciplines his body so that he can endure the rigors of being a follower of Christ. He doesn't want to be *disqualified*. Self control allows us to lead by example and live with integrity.

- 1 Corinthians 9:24-27

Hanging from a pull up bar, monkey bars, or a tree branch is a great way to test your shoulder and upper body mobility and strength.



Two basic but crazy important things we lose as we age are the ability to stand from a low chair, toilet or couch, and the ability to reach straight overhead with our elbows held straight. Losing either ability may result in aches, pains, and orthopedic issues. Practice these exercises to maintain healthy shoulders and posture.

Similar to the deep squat, this is a natural movement we have lost in our modern lifestyle - we sit in chairs too much!



Students, practice hanging for 10-30 sec at a time. Parents, try this or practice reaching overhead with straight elbows, using a door way or wall if necessary. Stop if painful.

REFLECTION QUESTION & GOAL

ONE GOAL THIS WEEK

God has given us the gift of power and love and discipline. (2 Timothy 1:7) What happens when we refuse these gifts? We might forget that our actions & words *always* effect

other people: we might not get our chores or homework done

How can you use these gifts this week?

I will only use words and actions that are helpful and uplifting

to others, on social media and in person: I can preplan my

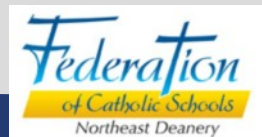
exercise time and stick to it. I will finish chores before playing.

"NO! I WANT TO PLAY MORE VIDEO GAMES!!"



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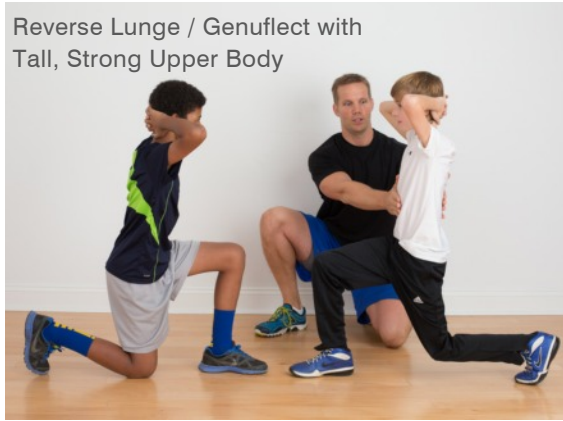
Name: _____ Parents Initial: _____

SIXTH PRINCIPLE

WEEK 7: I AM WHAT I HEAR AND WATCH

EXERCISE OF THE WEEK: GENUFLECT

Lunging & Genuflect Patterns. A genuflect is a great move for strength and balance. Make sure your back knee gently touches the floor. Practice 10 repetitions per leg.



Reverse Lunge / Genuflect with Tall, Strong Upper Body

Learning & Sharing

You are what you eat means that your body is made up of the foods you eat. This week, we learn: *you are what you consume*. This means our thoughts, feelings, identity, and relationships are made up of what we see, read and hear. We are always learning, whether we are aware of it or not.

Our eyes & ears are the windows to our heart and soul. TV, movies, music and the internet are all teaching us how to act, love and treat others. What are you consuming every day?

Much of what you learn is shared with others. Are you consuming things that help you be a better person and that can help others?

Spiritual health can be defined by how we share the gifts of the holy spirit: charity, joy, peace, kindness, chastity, generosity, and self control.

- CCC #1832

Being a Christian is about the amazing things that happen when we combine the learning and sharing of our human talents (playing a sport or instrument, our sense of humor, our gift of reading or teaching) with our spiritual gifts (listed above.)

REFLECTION QUESTION & GOAL

WHAT HAVE YOU LEARNED THAT YOU CAN SHARE WITH OTHERS TODAY?

WHAT WOULD YOU LIKE TO LEARN IN THE FUTURE THAT COULD HELP OTHER PEOPLE?



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CATHOLICFIT WORKSHEET

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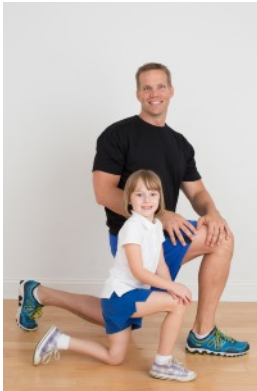
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SIXTH PRINCIPLE

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EXERCISE OF THE WEEK: GENUFLECT

Lunging & Genuflect Patterns. A genuflect is a great move for strength and balance. Make sure your back knee gently touches the floor. Practice 10 repetitions per leg.



Assess your strength here by crossing your fingers behind your head and performing a perfect, tall genuflect with your knee slightly grazing the floor. This is an important move for getting up from the floor, another vital ability we lose as we age. At Mass, when the sanctuary candles are lit, this means the Blessed Sacrament is in the tabernacle, and therefore Catholics genuflect towards the altar (Sacrament) especially when arriving to and leaving Mass, or when approaching the altar as to lector or serve.

Learning & Sharing

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REFLECTION QUESTION & GOAL

WHAT HAVE YOU LEARNED TODAY THAT YOU CAN SHARE WITH OTHERS TODAY?

I have learned how to get strong so I can help my brother move a piano. (Student:) I learned math and I was able to help my little brother do his homework.

I have learned how best to set up a new computer for my kids.

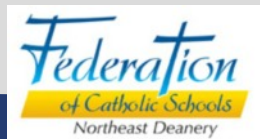
WHAT WOULD YOU LIKE TO LEARN IN THE FUTURE THAT COULD HELP OTHER PEOPLE?

I want to learn new postural restoration therapy techniques and the newest research in youth fitness to help people feel and play better. (Student:) I want to learn to be a teacher so I can help kids.



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CATHOLICFIT WORKSHEET

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SEVENTH PRINCIPLE

Name: _____ Parents Initial: _____

FINAL WEEK: I AM HOW I PRAY

EXERCISE OF THE WEEK: COMBO MOVES

Jumping. Throwing. Catching & Climbing The final week is about all of the "other" exercises. Great for total body balance and coordination, motor control and physical maintenance at any age, these include: throwing, catching, jumping, kicking, playing sports, getting up from the floor, squat thrusts, burpees, jumping jacks, jumping rope, crawling and more!



Prayer & Reflection

This principle surrounds all the others as it can go with any principle, action or exercise. It is about starting each day and moment new. It reminds us to be mindful of our decisions, and thankful for our gifts.

For while physical training is of some value, devotion is of value in every way, as it holds promise for the present life and also for the life to come.

- 1 Timothy 4:8

In this verse, St. Paul reminds us that it is great to be fit, but better to be holy, (a good person.) A Catholic's purpose is holiness. We achieve this through serving others. (Living the CatholicFIT Pillar of Service.)

Prayer, reflection and mindfulness can help us align our daily actions and decisions with the CatholicFIT principles.

Prayer is the raising of one's mind and heart to God (with or without words). Humility is the foundation of prayer. Only when we humbly acknowledge that we do not know how to pray as we ought, are we ready to receive freely the gift of prayer.

- CCC#2559

If you are not sure how to pray, that is OK. This may be when the gift of prayer is beginning to grow inside of you. Start simple. Just saying "thank you God" is a great prayer.



REFLECTION: WHAT DID YOU LEARN TODAY?

ROSE, BUD, & THORN AT DINNER OR BEDTIME IS A GREAT WAY TO ENCOURAGE DAILY, MINDFUL LEARNING.

WITH YOUR PARENTS, DISCUSS THE FOLLOWING:

Rose: tell me something good that happened today - _____ - thank God for this.

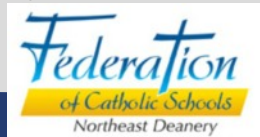
Thorn: tell me something bad or that upset you today - _____ - ask God's help with this.

Bud: tell me something you look forward to tomorrow - _____ - pray for God's blessing for this to happen if He wills it.

FINALE FAMILY FITNESS CHALLENGE!!

Trinity High School, Sat. April 8th, 9-10 am

*Please join us ... Everyone is invited .. Bring your families!



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CATHOLICFIT WORKSHEET

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Parents & guardians,
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Name: _____ Parents Initial: _____

FINAL WEEK: I AM HOW I PRAY

SEVENTH PRINCIPLE

Prayer & Reflection

EXERCISE OF THE WEEK: COMBO MOVES

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This principle surrounds all the others as it can go with any principle, action or exercise. It is about starting each day and moment new. It reminds us to be mindful of our decisions, and thankful for our gifts.

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

- 1 Timothy 4:8

In this verse, St. Paul reminds us that it is great to be fit, but better to be holy, (a good person.) A Catholic's purpose is holiness. We achieve this through serving others. (Living the CatholicFIT Pillar of Service.)

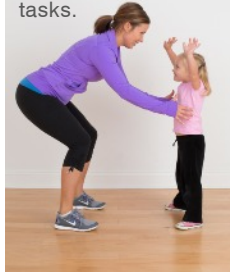
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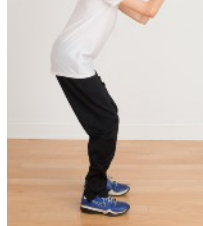
Being a good mover helps with every day tasks.



Runner's Pose with Twist & Reach



Dribble, pass, kick, shoot, catch a ball



Foam Rolling



Good exercises are meant to support play, the service of others, and total body health. Don't stretch for the sake of stretching. Stretch today so you can run around with your kids, or help a friend move a couch tomorrow. The key to bridging faith and fitness is practicing both with purpose. Faith gives us purpose while fitness allows us to live it out in our daily lives.



Climbing at the park



REFLECTION: WHAT DID YOU LEARN TODAY?

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WITH YOUR PARENTS, DISCUSS THE FOLLOWING:

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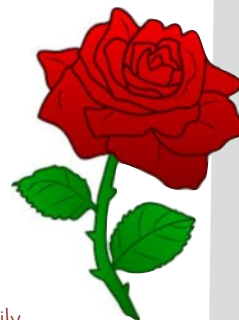
I helped a client get on the floor after a lower back surgery for the first time in years ... he was thrilled. - thank God for this.

Thorn: tell me something bad or that upset you today -

Where we went on vacation is being affected by the fires and tornadoes in Tennessee. - ask God's help with this.

Bud: tell me something you look forward to tomorrow -

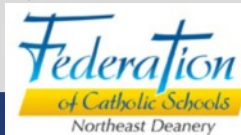
Mom is off work tomorrow (Sunday). I look forward to going to church as a family.
- pray for God's blessing for this to happen if He wills it.



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