

Parents & guardians,
please review with
your student

Name: _____ Parents Initial: _____

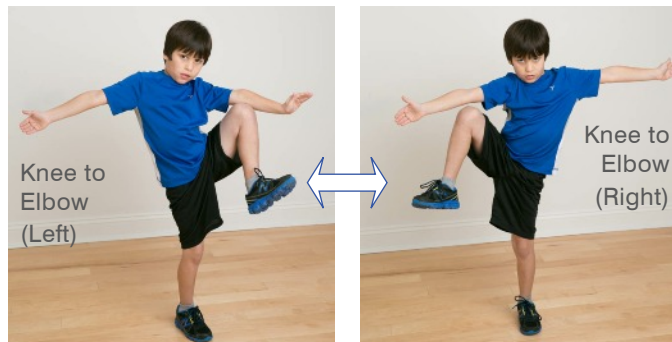
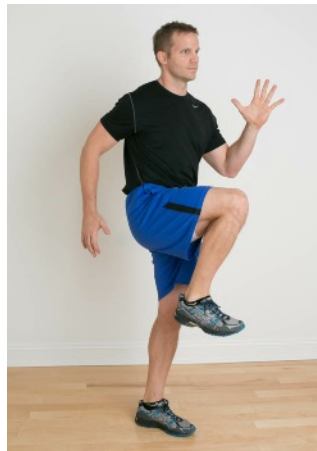
FIRST PRINCIPLE

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.

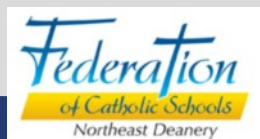
Bodyweight ___ lbs / 2 = ___ ounces / 8 ounces = about ___ cups per day.

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.



Find more exercises, videos & tips at CatholicFIT.com

Also keep an eye on your inbox for emails with more details and ideas for practicing the CatholicFIT principles.



(Teacher-Parent-Online Version)

CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

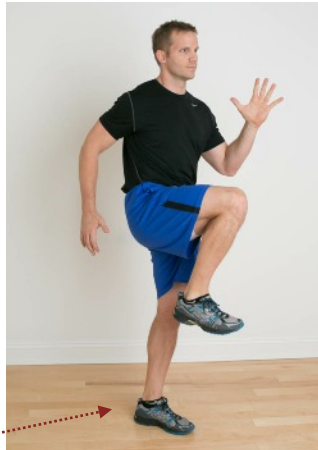
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Stand as tall and straight as you can. Practice 2-5 holds per leg. Also, try slowly touching your knee to your elbows held out to each side (pictured below.)

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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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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