

Parents & guardians,  
please review with  
your student

Name: \_\_\_\_\_ Parents Initial: \_\_\_\_\_

## 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:

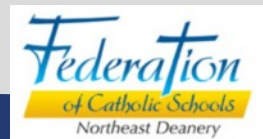
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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!



## YOU'RE INVITED: FAMILY FITNESS WORKSHOPS

A fun opportunity for your family to exercise together with others in the Federation schools. Keep an eye out for a flyer about the next event.





(Teacher-Parent-Online Version)

# CATHOLICFIT WORKSHEET

for students and families

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please review with  
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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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