

CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

Name: _____ Parents Initial: _____

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?

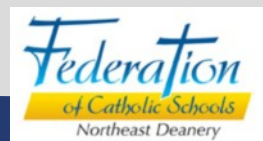
Time: ___:___ am / pm

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?



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)

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THIRD PRINCIPLE

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.*

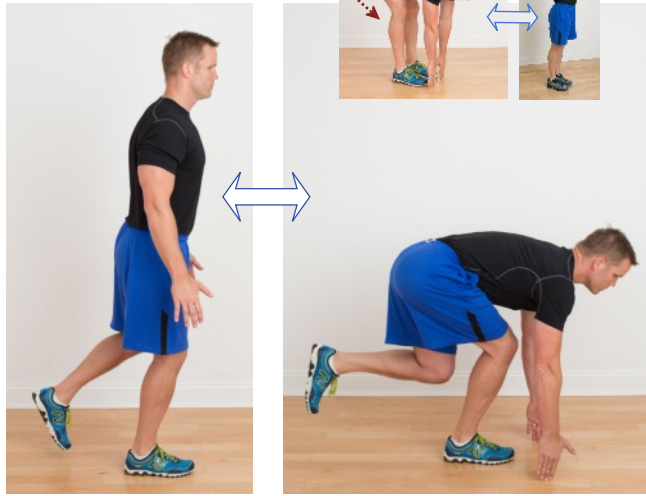
WEEK 4: I AM HOW I REST

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.

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