

Parents & guardians,
please review with
your student

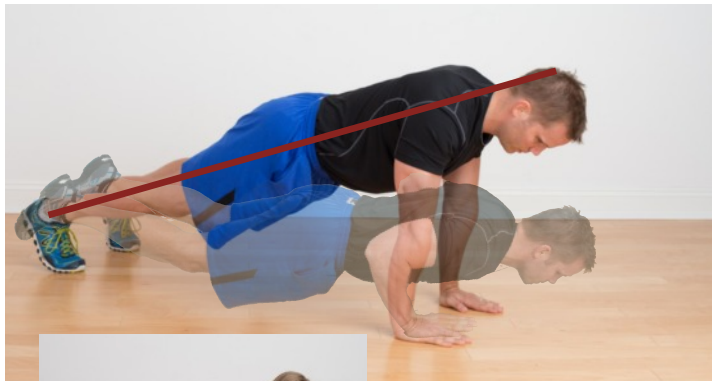
Name: _____ Parents Initial: _____

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

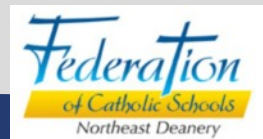
ONE GOAL THIS WEEK

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):



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
your student

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WEEK 5: I AM WHO I SURROUND MYSELF WITH

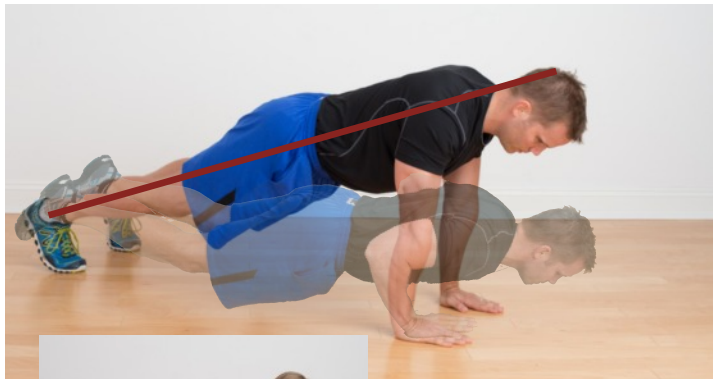
Family & Community

EXERCISE OF THE WEEK: PUSH UP & PLANK

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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.

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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