

# 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."

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!



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.

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.

### REFLECTION QUESTION & GOAL

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

- 2 Timothy 1:7

#### ONE GOAL THIS WEEK

God has given us the gift of power and love and discipline. (2 Timothy 1:7) What may happen when we refuse these gifts? \_\_\_\_\_

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



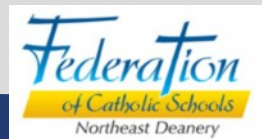
How can you use these gifts this week? \_\_\_\_\_

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

### 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

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 affect

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!!"



### 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.

