

What does it mean to be

Catholic



FIT?

It means staying fit in order to serve others.

“FAITH in ACTION is love. Love in action is SERVICE. When we put our faith into living acts of love, we put ourselves in contact with God.” - Mother Teresa

Faith

Live with Purpose

I am here for a reason. Look for Jesus in the face of every person you meet for He is the *core* of our Christian strength. Faith gives us purpose. CCC#1618, Rev 3:20, Phillipians 4:6-7



Fitness



Live a “Movement Lifestyle”

I am how I move. Faith and fitness without works is dead. -James 2:17-18 Play and exercise every day with purpose. Physical health is a precious gift. CCC#364. 2288

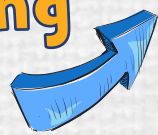
Service

Live to Help Others

I am fit to serve. Pay it forward, share your success, practice Christian stewardship, get involved in your church community. CCC#1803, 1807. 2288



It means living the 3 pillars



Water

I am what I drink. Your body is 70% water. Vital for physical and mental health, water is the source of life, and is used at baptism. CCC#1218



Food & Fasting

I am what I eat. Eat mostly God-made food: eat mindfully; the Eucharist is food for the body and soul CCC#1324



Sleep & Rest

I am how I rest. Even God needed a day of rest. Get 8-10 hours of rest/sleep every day. Good health equals healing. Healing requires rest. CCC#2184, 2186



by practicing the 7 principles



Prayer & Reflection

I am how I pray. Unplug, sit quietly. Take time to talk to and listen to God. Learn about meditation and contemplative prayer. CCC #2559, 2707, 2721, 1 Timothy 4:8



Learning & Sharing

I am what I hear and watch. You are always learning and expressing yourself: your eyes and ears are the windows to your heart and soul: spiritual health = expressing the fruits of the Holy Spirit. CCC#736. 1832. 2223. Galatians 5:22. Lessons of St. Thomas Aquinas



Self Control

I am what I focus on. The moral virtue of temperance: moderation: know when to say no: understand decisions vs. discernment. CCC #1809. 2 Timothy 1:7.



Family & Community

I am who I surround myself with. We are all one family. Surround yourself with people who support and love you. Be that someone for others. Strength comes from family. CCC#2207-2208

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