

WEEK 7: I AM WHAT I HEAR AND WATCH

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.



EXERCISE OF THE WEEK: GENUFLECT & LUNGING PATTERNS

You don't get more "faith and fitness" than a genuflect. A genuflect (or lunge) is a great move to test and improve strength and balance. For a reverse lunge, try to gently touch your back knee to the floor and stand back up. This is one repetition. Set a timer, practice lunges for 2-3 min.

Regular Lunge



Lunge with Hands Behind Head



Lunge with Overhead Reach



A lunge stretch (or Runner's Pose with a twist) is a great dynamic stretch to prepare your body to do lunges.



REFLECTION QUESTIONS & GOALS

CIRCLE THE THINGS THAT MAY HELP YOU GET STRONGER IN MIND, BODY AND SPIRIT. PUT AN X THROUGH THE THINGS THAT PROBABLY DO NOT:

late night TV

reading your favorite book

video about playing softball or baseball

reading food labels

CatholicFIT videos

online math games

watching PG-13 or violent movies

hearing and spreading gossip

reading the Bible



SIXTH PRINCIPLE LEARNING & SHARING

You are what you eat means food we eat becomes our body. This week, we learn that what we see, read and hear becomes our thoughts, feelings, and behavior. In the bible, (Proverbs 4:23), we learn:

"above all else, guard your heart, for everything you do flows from it."

Our eyes & ears are the windows to our heart and soul. TV, movies, music, and the Internet are all teaching us how to act and treat others. In the Gospel, Jesus teaches us to keep our eyes and body healthy:

"The lamp of the body is the eye. If your eye is healthy, your whole body will be filled with light. Take care, then, that your light not become darkness."

- Luke 11:34-35

Jesus knows we are tempted to watch things that may not be healthy for us. He also knows that people create amazing music and movies, and write books every day that can teach us really awesome and good things. What are you choosing to watch and listen to?

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REFLECTION QUESTIONS & GOALS

CAN YOU LIST A BOOK, VIDEO, SONG OR MOVIE YOU HAVE READ OR WATCHED LATELY THAT HAS CHALLENGED OR INSPIRED YOU:

MENTALLY & EMOTIONALLY - help you think deeper, learn something new, or love and understand others better:

PHYSICALLY - help you learn about your body, or get strong:

SPIRITUALLY - help you learn about your faith, understand God and your purpose, and know Jesus better:



SIXTH PRINCIPLE: LEARNING & SHARING

You are what you eat means that your body is made up of the foods you eat. This week, we learn that your thoughts, feelings, and behavior are influenced by what we see, read, and hear. In Proverbs 4:23, we learn:

"above all else, guard your heart, for everything you do flows from it."

Your eyes & ears are the windows to your heart and soul. People we are around, TV, movies, music, and the Internet are all teaching us how to act, love and treat others. What are you choosing to see and hear every day? In the Gospel, Jesus teaches us to keep our eyes healthy:

"The lamp of the body is the eye. If your eye is healthy, your whole body will be filled with light. Take care, then, that your light not become darkness."

- Luke 11:34-35

Jesus knew that we would be tempted to read and watch things that may distract us or not help us become the best version of ourselves. But he also knew that people would create amazing music and awesome movies, and write books that could teach us and challenge us to be better people. What are you choosing to watch and listen to every day?