

# This week in CATHOLIC FIT

## WE MOVED ...

PRACTICING MANY TYPES OF LUNGES, ESPECIALLY THE GENUFLECT OF COURSE!

Lunge with Hands Held Behind Head



Regular Lunge

## WE CONNECTED ...

OUR FAITH & OUR FITNESS WITH THE PRINCIPLE OF

## LEARNING & SHARING

**I am what I see and hear.**

WE LEARNED THAT OUR EYES AND EARS ARE THE WINDOWS TO OUR HEART AND MIND, SO "GUARD YOUR HEART, BECAUSE EVERYTHING YOU DO FLOWS FROM IT." - PROVERBS 4:23

## WE REFLECTED ...

DISCUSSING THE TYPES OF BOOKS, MUSIC, VIDEOS, SOCIAL MEDIA, AND MOVIES WE CONSUME AND THE INFLUENCE THEY HAVE ON OUR MIND, BODY, HEART, AND SPIRIT.

