

MOVE WITH INTENTION

WEEKS 7-8: LUNGE & SINGLE LEG STANCE

This week, continue practicing your lunges & single leg stance, and then look at these exercises that help us perform each:

Lying Hamstring & Walking Bridges. Hold your thigh the best you can as pictured and bend and straighten your leg to stretch the back of your thighs and knees. Bridge and try the “marching bridge” as your student can show you for 20 total “marches”.

Lying Hamstring



Bridging



Marching Bridge



Scorpion Stretches. Lying or standing against a wall, practice this mobility move 3-10 times per side. Stop if you feel pain.

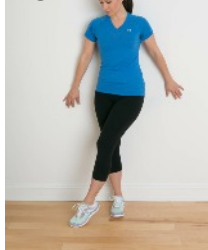
Lying Scorpion
starting position



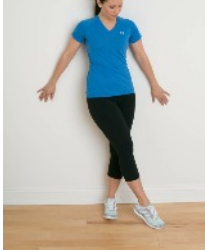
Lying Scorpion
ending left



Standing Scorpion
right



Standing Scorpion
left



LIVE WITH INTENTION

ONE GOAL THIS WEEK

Pay it Forward. Help someone with homework, help a teammate to play a sport, lend lunch money to a friend, drop a few extra dollars in the Sunday collection or do an extra chore around home.

FINALE FAMILY FITNESS CHALLENGE!!

Trinity High School, Sat. April 23rd, 9-11 am

*Please join us ... Everyone is invited .. Bring your families!

Name: _____

Parent/Guardian Sign: _____

EIGHTH PRINCIPLE

Working for Justice

This week's principle is also called “paying it forward”, when we help others with similar challenges we were previously facing. This is one of the best ways to stay motivated with our fitness routine and focused on living a Christian life.

Justice is a virtue.

CCC #1803: *A virtue is the habitual state of doing good. It allows (us) ... to give (our best). The virtuous person ... pursues the good and chooses it in concrete actions.* #1807 *Justice toward men disposes one to respect the rights of each and ... promotes equity with regard to persons and to the common good.*

In other words, virtue is the habit of doing good despite our lapses into anger, laziness, impatience, etc. So far, we have talked about expressing our gifts, being mindful and honing our gifts through education. Now, this week, we focus on using our gifts: our time, talents and treasure to work for personal, social, economic and religious justice. Simply stated: holy, virtuous people “pay it forward.”