

MODULE 10

REVIEW WORKSHEET

1. Many “mind, body, and soul” workouts attempt to benefit the mind simply through relaxation. At Pietra Fitness, however, we strive to both _____ *and* _____ the mind. What means do we use to achieve that?
2. With all the means we use for the mind, we attempt to answer the call of St. Paul to?
3. As Fr. Garesch says, what you put into the mind is food for the mind. _____
_____ is a healthy food for the mind that is cited in our binder.
4. Give 3 reasons why stretching is important.
5. Our body is a gift and we should care for it. But, many people set precedence of the body over the soul. What must we be cautious of when caring for the body? What is of greater importance?
6. Suitable nutrition helps us to develop what?
7. Health professionals recommend how much good, clean water a day?
8. Carbohydrates provide what?
9. Name the 2 types of carbohydrates and give examples.

10. You should mainly fuel your body with what type of carbs and why?

11. Why are proteins called the building blocks of life? List 5 sources of good quality proteins.

12. What does fat provide for in our diet? List 5 quality sources of fats.

13. What does organic mean?

14. In order to fuel our bodies for optimal health, name 4 practical suggestions for choosing foods.

15. What is Bodily Prayer and is this a new concept?

16. What do we do in a PF class to nourish the soul?

17. At Pietra Fitness, why do we focus on a daily meditation?

18. How is Pietra Fitness different than yoga?

19. Why is it especially significant if you are doing yoga in a studio with Buddha statues and other yoga gods, even if there is a picture of Jesus?