

## **Catholic Resources: Fitness, Strengthening, Stretching, and Mindfulness**

### **Primary Grades:**

**Prayer Motion** - <http://www.prayermotion.com/program>

Catholic prayer in motion – used by some Good Shepherd Programs - (Free membership)

Not exercise but good for relaxation and mental well-being

**Video for meditating on how God loves you** - <https://www.youtube.com/watch?v=jwMiskYxnQo>

### **Intermediate Grades:**

**Pietra Fitness** - <https://pietrafitness.com/>

Stretching/Mindfulness Classes Online for intermediate (Free trial for 60 days and \$9/month after that)

**Soul Core** - <https://soulcore.com/signup/>

Soul Core is a movement born from the desire to nourish body AND soul through prayer and core strengthening, functional exercises. You can sign-up for a FREE 14-day trial. You can pay for a membership: \$10/Month