



THE MORE YOU KNOW

An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Hildegard of Bingen

Our patron for module 4 is St. Hildegard because she used the gifts of God for healing and health. She believed that medicine must consider the whole person and said, "When the body and soul work in perfect harmony, they receive the supreme reward of joy and health." Like her, we recognize and thank God for the complex but very real relationships between human health, nature, healing, and sacred music.



OVERVIEW:

- P-FIT Patron
- Deep Breathing: God's Gift
- Your Pietra Fitness "WHY"
- Practice Teaching

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Arrive prepared to your Zoom session. Daily Meditation? Have you completed the appropriate practicing teaching? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness? Logs?

Deep Breathing: A Gift from God!

In Pietra Fitness, we use deep breathing to calm the nervous system so that we can focus on the prayers (on Christ) and the class. It is one of the beautiful tools from God that we can use to stay focused and to decrease stress and anxiety.

People who are anxious tend to breathe in their upper lungs (upper chest) with shallow, rapid breaths instead of breathing into their lower lungs (lower chest). Because of our stress-filled world and sedentary lifestyle, many of us live in a state of shallow breathing, which increases stress and anxiety.

Severe anxiety symptoms are often linked to poor breathing habits. Many people with anxiety suffer from poor breathing habits that

contribute to anxiety and many of the no so pleasant symptoms.

By shifting our breathing rate and pattern, we can stimulate the body's parasympathetic response. This is the body's equally powerful and opposite system to the Emergency Response and is often called the relaxation response or Calming Response. God masterfully created us, and



when we follow His design for wellness, we feel much better.

Slowing your breathing and taking deeper breaths is an amazing help. Even if you feel you can't take a deep breath, you can actually try to slow down and reduce your breathing.

Our breathing can be dictated in part by our thoughts, so if someone is worried or stressed and continues to think about these thoughts, it is harder to calm down using the breath. It's good to work on controlling our thoughts (we will learn more about this in Module 11). Helping them take their minds and hearts to God and talking about gratitude will help them to refocus and to be able to calm down, and relax.

"Why" Pietra Fitness: *Creating your Why Statement*



One important part of being a Pietra Fitness Instructor is knowing WHY you are doing this! When we have a definitive statement as to "why" we are doing something - or *not* doing something we have a better understanding of where we are headed in our lives. As an instructor, your why statement has the power to transform your practice and direct your focus to where God is leading you.

Take some time to write your why, try these tips:

- Use a format like: "To _____ so that _____."
- Keep it simple & clear
- Actionable
- focused on how you will contribute to others
- use affirmative language that resonates with you

A prayerful, intentional "why" statement is integral to your development - personally, professionally and spiritually.

Practice Teaching: The Key to Certification Success

When you practice teach, you put what you are learning into practice as you develop your skills. You will learn so much about Pietra Fitness and yourself! Does practice teaching make you nervous? No worries, you are not alone! It is the one thing that hinders most people in training. We hope these tips will help.

Practice Teaching is where you will begin to find your instructor voice, discover your strengths and weaknesses, and begin building a consistent teaching and practice habit. The more you practice, the more natural it will become.

As you begin to connect with the people who you will be Practice Teaching, here are a few things that may help you build your schedule and teaching skills:

- **Make a list:** Think of family and friends who would benefit from this personalized experience. Who do you feel comfortable with and who will give you good feedback?
- **Get through the awkwardness:** For those who have never taught, it may seem very uncomfortable and awkward as you begin to practice teach. Keep pushing through! This feeling will leave as you gain confidence and knowledge.
- **Time Limit:** staying true to the time scheduled will honor your participant's time.
- **Be patient:** You're learning and they are too. At the start, you may only get through part of a class or one or two poses in the allotted time and that's ok!
- **Use the Portal:** Doing the PFIT Portal training classes as a participant will help you gain muscle memory and mastery of some of the transitions you will use when you teach.
- **Be teachable:** You are learning and your practice teaching will teach you as your participants provide valuable feedback.
- **Log your time & Class Notes:** Keeping track of your time is important as well as who was in your class and what you learned, improved, or discovered.

Using these tips along with the Benchmarks guide will help you to gather the required 20 Practice Teaching Hours by the end of training AND the BONUS is, you will be well prepared for your practical! If you are still finding it hard, please reach out! We are here to help!

