



THE MORE YOU KNOW

An invitation to more in your P-FIT Program

ANATOMY

OVERVIEW:

- P-FIT Patron
- God's Masterpiece

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 session. Have you completed the appropriate practicing teaching? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness?

P-FIT Patron Saint Spotlight St. Mother Teresa of Calcutta

St. Mother Teresa describes herself in the opening paragraph on pg. 57. Take a moment and describe yourself in this way. This can be the beginning mission statement for your practice - a way to stay focused on the process and to understand it's place of importance in your own life. With this focus, we will be of better service to the participants in our classes and in our communities.

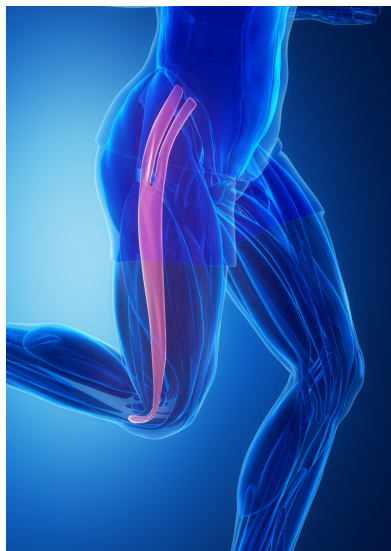


God's Masterpiece: You!

The human body is magnificent! The more you know about it, the more impressed you will be with how well it works and moves. Our God is an amazing designer! Sharing this information with your participants will inspire them to learn more and care for their unique and intricate bodies.

Why is anatomy education an important part of your instructor skill set? Learning about anatomy and human movement are essential areas of study for a Pietra Fitness Instructor so that you can keep yourself and your students safe. A knowledgeable instructor knows the limitations and capabilities of the body so that they can safely cue students in and out of poses.

A knowledgeable instructor can offer modifications for those with certain restrictions, assist people where they may feel the stretch in a particular pose, and offer a variation for those needing a more advanced practice. Understanding the way a human body is designed to move will help you assist people in getting the most out of each pose. You can increase the effectiveness of poses by



engaging certain muscles. You will learn all of this during the course of your training.

One important thing to always keep in mind, though, is that there are many variables to consider that could be affecting someone's alignment. Everyone's alignment may be different – it's not always one size fits all. While there are specific cues we use to make sure someone is safe, not everyone will look the same in a pose.

Once you have completed the training, this is not the end but the starting point of a lifetime of learning. Best practices in fitness change constantly, and it is our job to keep up with the current research. As an instructor, coming to the monthly instructor meetups will help you to stay up-to-date.

Let what you learn in this module make you in awe of how fearfully and wonderfully God made you!

“The Lord always gives us strength, Lord never gives us more than we can handle, I have the strength for everything through Him who empowers me.”-- Pope Francis

St. Teresa of Calcutta, pray for us!