



THE MORE YOU KNOW

An invitation to more in your P-FIT Program



OVERVIEW:

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PFIT Patron Saint Spotlight St. Benedict

St. Benedict is the perfect patron for Module 10 because he wrote a rule of life for his monks that is still relevant and useful for us today. His rule was basically a balanced life of prayer and work. He said that, "Idleness is the enemy of the soul." He mandated that his monks divide their time between work, reading, and prayer, in such a way that they developed a balanced body, mind, and soul. In a monastery, the Rule imposes a time for everything: prayer, work, reading, reflection ... These ancient principles are essentially still being taught as part of time management skills in business schools and self-help books, which encourage us to establish certain beginning and end times for each task.



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

BE PREPARED:

Have you completed the appropriate practicing teaching? Daily Meditation? Do you have your reflection questions from the Catechism Course? Have you been practicing Pietra Fitness? Logs?

Downhill From Here

Congratulations that you have come this far! What you have accomplished has required hard work, determination, and perseverance. Good for you!! We think you will find it is downhill from here as long as you have kept up with the requirements throughout the training.

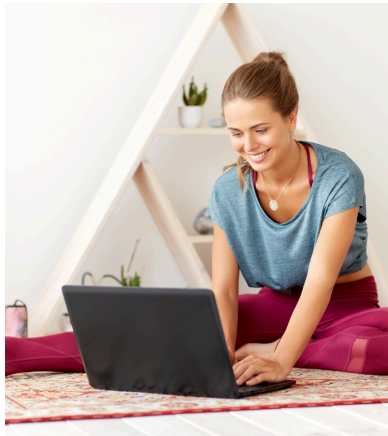
The following is a checklist to ensure you are ready for certification:

PRACTICE TEACHING: You must have logged at least 20 hours of Practicing Teaching before certification. Have you been keeping up and submitting your hours? More is better, but you need at least 20 hours.

CPR/AED: Now is an excellent time to investigate CPR/AED certification in your area. There are limited opportunities to receive it in some areas, so it would be good to schedule that now. Please note: You must take the CPR/AED certification with live skills training. The certification that is solely online will not be accepted. You cannot receive certification until we have a copy of your card.

PRACTICE ONLINE TRAINING CLASSES:

Practicing the classes yourself is the best way to know the format, how to cue, and become familiar with the poses



themselves. You should be well prepared for the Practicals if you have been doing the classes at least 3 times a week during the training.

REVIEW QUESTIONS:

Keeping up with the Review Questions is the best way to prepare for the Final Exam. Exam questions will come directly from these questions.

DAILY MEDITATION: Last but not least, keeping up with your daily meditation is the best way to have the strength and stamina, both physically and spiritually, to finish up the course. God bought you here to Pietra Fitness, and He will give you the grace to finish the training with flying colors if you remain faithful to your time with Him.



Preparing for Certification

During the next few months, hone in more on the choreography of the classes you are practice teaching. As you practice teach these classes, pay special attention to your instructor voice, intellectual formation, safety cues, and most especially, observe those you are teaching. As you do this, you will be learning how to teach a safe and effective class while also cueing modifications and progressions when necessary to fit the needs of your participants. Remember, your class is *their* workout, not yours.

While you spend these next weeks teaching and preparing for your Final Exam and Practical(s) this is a good time to discern which level of certification you will be working toward. Regardless of which level you choose to certify at, there will likely be a level of class that you enjoy teaching the most, which will become more evident the more you teach!

Take some time now to note where you would like to teach classes. Then, map out what needs to happen to get these classes started after your certification.

Remember to submit your CPR/AED certification soon, as well as, determining where you will purchase your fitness insurance. Having these two