



commit to be fit

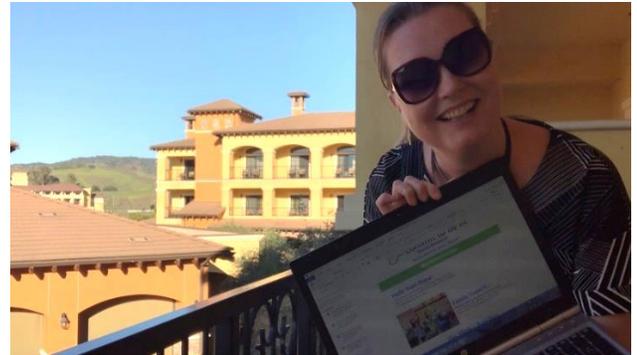
Weekly Newsletter

Monday, March 18th - Sunday, March 24th

Announcements

Hello from Napa!

This newsletter is being sent to you from the 2019 Napa Valley Student Wellness Conference in Napa Valley, California. For more information on the C2BF Team's conference adventures from the past week, see the Highlights and Happenings section on page 2.



Fun Family Event

Mark your calendars for Friday, March 29th at 7pm!
C2BF is offering a fun, **FREE** Drum's Alive class. This drum inspired fitness class is fun for all ages, kids and adults. Bring the entire family.

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
18 7:15am- Barre	19 4:00pm- <i>Yoga</i>	20 7:30am- <i>Walking Group</i>	21 No Activities- Early Release	22 7:15am- RIP30 (video)
4:00pm- Kick It!	4:00pm- RIP30 (live)	5:30pm- STEP		
5:30pm- STEP	5:30pm- Low Impact Aerobics			

*Chair Yoga requires advanced registration. Email Miranda at mirandahope@yahoo.com for more details. Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

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Happenings & Highlights

All In a Day's Work!

Thursday, March 14th, was an incredibly productive day for the Commit to Be Fit Team. While C2BF team members typically present and attend conferences together, the theme of the day was “divide and conquer.” Between the team members, C2BF was represented at 3 separate conferences in a single day.

Women Education Leaders in Virginia Conference

Dr. Shannon Grimsley and **Jackie Tederick** (*shown right*) presented at the Women Education Leaders in Virginia (WELV) 20th Annual Conference in Charlottesville, VA. The duo presented “Commit to Be Fit: A Three-Pronged Approach to Creating a Culture of Wellness” and shared budget friendly tips for easy replication in other school divisions across the state of Virginia. According to Tederick, *“It was an honor to present at the Women Education Leaders in Virginia Conference on behalf of the C2BF team. Sharing ideas and the important message of creating a culture of wellness in the school community with other educators was amazing and fulfilling.”*



Dr. Grimsley and Jackie Tederick



Amanda Butler

VA Farm to School Conference

Meanwhile, **Amanda Butler** (*shown left*) attended the VA Farm to School Conference presented by the Virginia Department of Education in Hampton, VA. The Virginia Farm to School Conference was designed to help Virginia's expanding Farm to School network increase procurement of local foods and educational opportunities in school gardens, cafeterias, and classrooms across the state. Following the conference Butler stated, *“I was able to network with other school districts about best practices and am coming back to RCPS inspired with new ideas!”*

2019 Napa Valley Student Wellness Conference

Over on the West Coast, **Holly Jenkins** (*shown right*) presented at the 2019 Napa Valley Student Wellness Conference. Like her teammates in Charlottesville, she presented each of the program's three key areas: cafeteria, classroom, and community. In addition, she shared budget friendly tips for participants to implement in their own schools. Jenkins believed the experience was well worth the trip across the country. According to Jenkins, *“This conference was an invaluable opportunity to hear about other schools' wellness initiatives while sharing all of the exciting things that C2BF is doing in Rappahannock. I'm grateful and honored to have had this experience to collaborate with so many inspiring wellness professionals.”* Jenkins added, *“I wish my teammates could have joined me, but I'm excited to hear about each of their conferences as well.”*



Holly Jenkins

Tips from the Team



Nutrition Tip of the Week

Happy St. Patty's Day! Be sure to eat your nutritious greens today and every day. Green vegetables can be good sources of iron and calcium. Green fruits can be a good source of vitamin C and serve as antioxidants. Aim to try a new green fruit or vegetable this week like kale, spinach, kiwi, or honeydew - remember green fruits and vegetables this month count double for our wellness challenge.

*Nutrition Tip & Recipe Submitted by **Amanda Butler, M.A.**, Nutrition Specialist*

Fitness Tip of the Week

Don't let traveling get in the way of your exercise routine. Pack a resistance band in your suitcase and incorporate some strength training exercises with these super portable fitness tools. If you want to incorporate a cardio workout, tour the sights by walking, jogging, or bike riding. Many areas will rent bikes by the hour. It's a fun way to explore a new area while increasing your heart rate.

*Fitness Tip Submitted by **Holly Jenkins, CPT**, Wellness Integration Specialist*



Healthy Family Tip of the Week

Add physical activity to your day. As the weather warms, spring offers more opportunities for outdoor activity. Be sure to take advantage, and maybe try some of these things:

- Go for family walks
- Keep taking the stairs instead of the elevator
- Wash the family cars together
- Plant and tend a garden
- Ride your bikes instead of driving whenever possible

*Healthy Family Tip Submitted by **Jackie Tederick, CPT**, Wellness Integration Coordinator*

Recipe of the Week

Kale, Apple, & Banana Smoothie

Ingredients:

- 1/2 large apple, chopped
- 1/2 banana, chopped and frozen
- A few large leaves of kale, ribs and stems removed
- 1/2 cup orange juice
- handful of ice, if desired

Directions:

Add all ingredients to blender and blend until smooth. Add more orange juice or ice to get desired consistency.

Taken from www.belleofthekitchen.com



About Commit to Be Fit

Commit to Be Fit is a school sponsored, grant funded program. Through the generosity of the PATH foundation, C2BF was created to help promote healthier lifestyles for students, staff, and county residents and employees.

All group exercise classes and workshops are offered free of charge for the community.