

commit to be fit

Weekly Newsletter

Monday, December 10th - Sunday, December 16th

Announcements

Winners Announced

Congratulations to the winners of the November Challenge! **Kristen Frazier** won the drawing for the food steamer. **Angie Jenkins** won kitchen accessories: vegetable chopper, knife set, and vegetable spiralizer (*not shown in photo*). Thank you to everyone that participated in this challenge.



Staff Wellness Challenge

Month 1 Standings Announced

Team Inittowinit lived up to their name and racked up the most team points during the first month of the staff challenge. It was a close race for 2nd place with team Alabama Slammer's inching ahead of team C2BF by only 3.1 points. For a complete listing of results, see the staff wellness section on our C2BF website. Congratulations to our individual point leader, **Fran Krebsner**, from team Taking Strides. Fran earned an impressive 240 points during the month of November.



Team Inittowinit is "in it to win it!"

Log Clarification

For the December Challenge, give yourself a point for every serving of fruits and vegetables you eat each day.

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Announcements

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10 7:15am- Barre	11 4:00pm- <i>Yoga</i> 4:00pm- RIP30 (video)	12 7:30am- <i>Walking Group</i>	13 4:00pm- Cardio Bootcamp 4:00pm- <i>Yoga</i>	14 7:15am- RIP30 (video)
5:30pm- STEP	5:30pm- Low Impact Aerobics	5:30pm- STEP	5:30pm- Low Impact Aerobics	

Just a reminder, Commit to Be Fit classes and workshops do not meet when school is cancelled. In the event of a delay school opening, our morning classes will not be held. All classes, workshops, and events are FREE of charge. Everyone is invited!

Happenings & Highlights

In the Classroom

Check out recent photos from our Brain STAR Action Based Learning Lab. The students have been enjoying the new stations which include activities such as balancing, tricep push-ups, bicycle movements, and pattern walking, and other movement patterns which have been shown to benefit the brain.





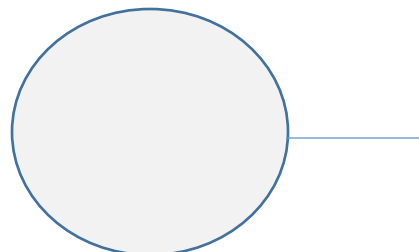
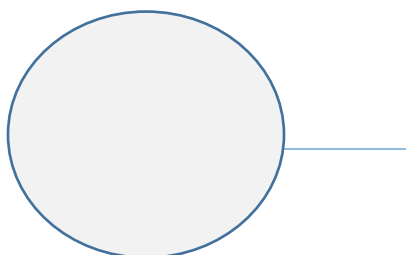
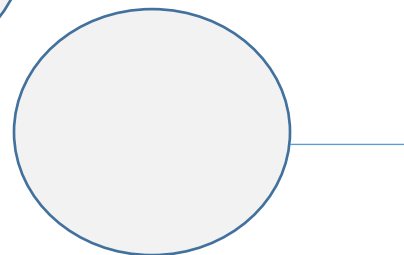
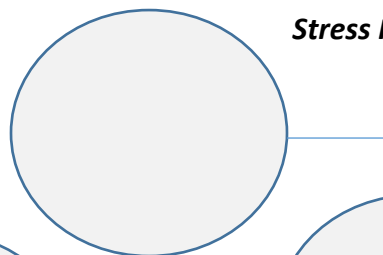
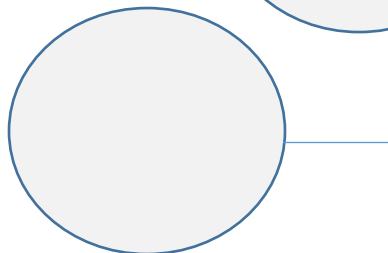
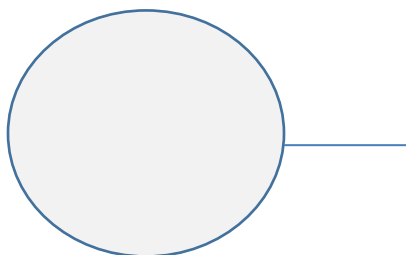
commit to be fit

What causes you stress on a regular basis?

Stress Reduction Worksheet

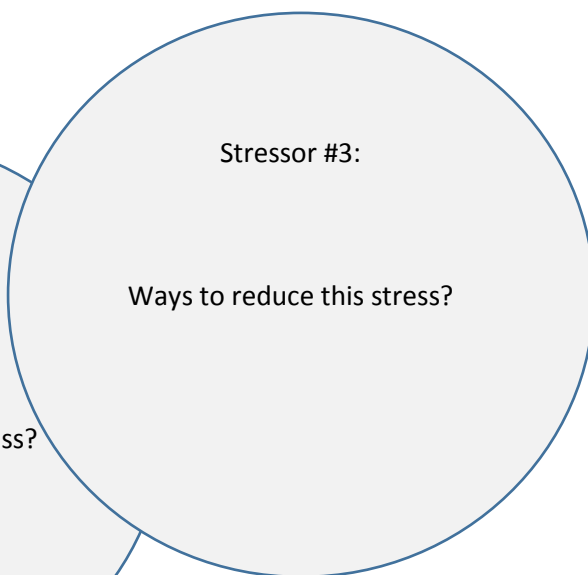
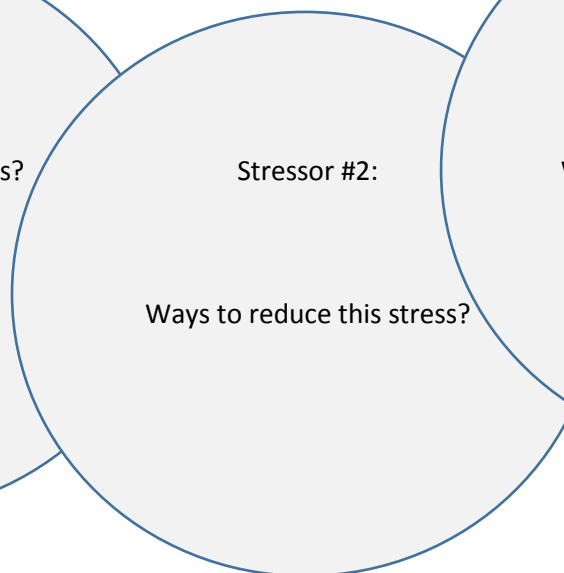
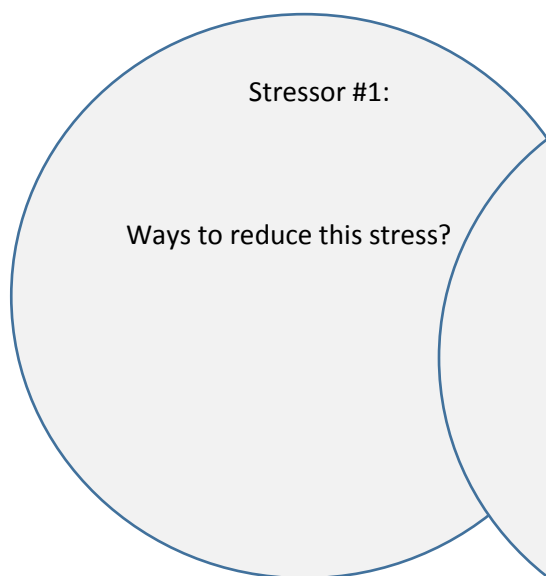
STEP 1: IDENTIFY

- List 1 stressor in each of the circles.
- Once they are filled in, rank them in order (1 = most significant)



STEP 2: BRAINSTORM

- Fill in your top 3 stressors and ways to reduce stress



STEP 3: CREATE ACTION STEPS

- Fill in the following statement

To reduce stress, I WILL _____

This exercise is worth 10 points on the Dec. Challenge. You do NOT have to turn it in. Simply record points.

Tips from the Team



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

Nutrition Tip of the Week

Save money while eating healthy. Checking the unit price on items can save you money. The unit price is what that item costs divided by the size, which gives a price per unit (ounce, pound, etc.). Grocery stores will do the math for you and give you a standard cost to compare items. It may be cheaper to buy in bulk or it may be cheaper to buy more of the smaller size.

Here is an example. In this case, it is cheaper to buy the larger container.



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist



Fitness Tip of the Week

Here is a random trick of the trade. How do you count your reps? Do you start at 1 and go up to 10 or 12? Next time, try counting down instead of counting up. If you have taken my Barre class, you will hear me doing this quite frequently... 8-7-6-5-4-3-2-1. By counting down, you better prepare yourself psychologically for when fatigue kicks in during the final few reps. It provides a mental finish line and you will be more likely to successfully complete the set.



Healthy Kids Tip Submitted by
Jackie Tederick, CPT
Wellness Integration Coordinator

Healthy Kids Tip of the Week

Science says kids who participated in mindfulness behaviors showed more kindness, better math scores, fewer ADHD symptoms, more self-control, improved focus, and less depression. (*TIME magazine*) Take a few minutes to breathe slower and pay attention to the moment.

Recipe of the Week

Slow Cooker Tortilla Soup

Prep Time: 10 minutes Cook Time: 3 hours Total Time: 3 hours 10 minutes
 Servings: 4 Calories: 375

Ingredients

½ cup white onion diced
 ½ cup red bell pepper diced
 1 cup frozen corn
 1 15 ounce can black beans rinsed and drained
 1 ¼ lbs boneless skinless chicken breasts
 1 4 ounce can mild green chilies
 1 8 ounce can tomato soup
 1 14.5 ounce can diced tomatoes (do not drain)
 2 teaspoons chili powder
 1 teaspoon cumin
 ½ teaspoon garlic powder
 6 cups chicken broth
 1 teaspoon kosher salt
 2 tablespoons cilantro leaves chopped
 1 cup tortilla strips or more if desired
 Toppings such as sour cream, avocado, olives, and shredded cheese



Directions

1. Place the onion, bell pepper, corn, black beans, chicken, chilies, tomato sauce, tomatoes, chili powder, cumin, garlic powder, chicken broth and salt into a slow cooker. Stir to combine.
2. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.
3. Remove the chicken breasts from the pot and shred with two forks. Return the chicken to the pot.
4. Stir in the chopped cilantro and ladle into bowls. Top with tortilla strips and any other toppings you desire. Serve immediately.

**from Super Healthy Kids*

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.



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