



31 August 2020
Issue No.: 141

commit to be fit

Weekly Newsletter

Announcements

Self-Care Challenge

Who's ready for a challenge?? Self-care is an important component of wellness, especially during stressful times. Throughout the month of September, complete as many self-care activities as you can from our bingo sheet.

For each BINGO row you complete, you will receive 1 entry into the prize drawing. Ex. 2 rows = 2 entries.

Complete all activities and you will receive 10 entries into the prize drawing!



commit to be fit SELF-CARE BINGO

Go for a hike	Eat a variety of colorful fruits and vegetables	Refresh your morning routine	Go for a bike ride	Complete a meditation session
Try something new	Write down 10 things that you are grateful for in your life	Make a fruit smoothie	Sleep for at least 8 hours	Eat mindfully and slowly
Enjoy some fruit infused water	Organize your wardrobe	Make a list of self-care goals for yourself	Go out of your way to make someone smile	Go for a walk
Practice positive self-talk	Unplug from technology	Do yoga or gentle stretching outdoors	Relax to the sound of nature	Treat yourself to something you enjoy
Reorganize a space at work or at home	Slow down and enjoy a cup of coffee or tea	Identify your top priorities	Watch the sunrise or sunset	Make a new bucket list

How to play: During the month of September, complete as many self-care activities as you can from the BINGO sheet below. For each BINGO row you complete, you will receive 1 entry into the prize drawing. Ex. 2 rows = 2 entries. Complete all activities and you will receive 10 entries into the prize drawing! Be sure to join our Commit to Be Fit Facebook GROUP and share some pics too!

Name: _____ Total BINGO rows completed: _____

Email totals to hjenkins@rappahannockschoools.us by October 5th.

To Enter: Simply email hjenkins@rappahannockschoools.us by Oct. 5th to report your total number of BINGO rows completed.

Prizes: We will be holding five (5) prize drawings. Each of the 5 winners will receive a travel hammock! Please note- color and model may vary from picture shown above.

For more details and BINGO sheet, see page 5!

Be sure to join our Commit to Be Fit Facebook GROUP and share some pics too! This is not necessary for drawing eligibility, but let's join together and support & motivate each other.

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Happenings & Highlights

Introducing the Daily 15

Commit to Be Fit kicked off the first day on Monday, August 24th with the Daily 15, which is being piloted in ABL. While students are encouraged to walk for 15 minutes, many opted to run and even skip. According to Jen Atkins, the ABL Facilitator, the students have been excited to have the extra outdoor activity. While regular physical activity has many health benefits, research also supports the link between improved cognitive functioning, enhanced mood, and academic success.



Student Water Bottles

School drinking fountains have been closed as a safety precaution during the pandemic. Students have been encouraged to bring water bottles each day since the refill stations are still open. While RCPS has provided disposable, plastic water bottles for students, Commit to Be Fit has purchased reusable water bottles to supply to any student that does not regularly have one. Proper hydration is a key component to student health and this eco-friendly alternative will help to reduce our plastic consumption at the schools.

Pictured: Amanda Butler shows one of the C2BF bottles while filming the RCPS Welcome Back video.



Tips from Team



Nutrition Tip of the Week

Nutrition plays an important role in our body's immune system and overall health. Eating a balanced diet, along with healthy lifestyle behaviors such as getting adequate sleep and exercising, prepares the body to fight and recover from infection. Start a food journal, on paper or through an app, to start tracking food to see how balanced your intake is. Are you getting enough fruits and vegetables? Are there opportunities to swap out processed foods? Remember, food is our fuel!

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

Fitness Tip of the Week

As we head into September, our focus is all about self-care. View each workout as a form of essential self-care, both for your body and your mind. Rather than looking at it as one more thing on your “to-do list,” tell yourself that you are doing it for your own physical and mental wellbeing. You are worth the investment of time and energy! Be sure to check out our September Self-Care BINGO challenge. There are several fitness activities that are included.

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



Healthy Families Tip of the Week

With the start of the school year, adequate rest is essential to help a child mentally and physically. The American Academy of Sleep Medicine gives the following recommendations for school-aged children: Children 3 to 5 years old - 10 to 13 hours (including naps). Children 6 to 12 years old - 8 to 12 hours per night. Teenagers 13 to 18 years old - 8 to 10 hours per night.

*Healthy Kids Tip Submitted by **Jackie Tederick, M.Ed., CPT**, Wellness Integration Coordinator*

Recipe of the Week

Strawberry Chicken Salad with Pecans

Servings: 2 Prep Time: 15 minutes Cook Time: 15 minutes Total Time: 20 minutes

Ingredients:

- 4 teaspoons extra-virgin olive oil, divided
- 1 tablespoon white balsamic vinegar
- 1 teaspoon honey
- 1/2 teaspoon chopped fresh thyme
- 3/8 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon kosher salt, divided
- 2 cups halved strawberries, divided
- 2 (4-ounce) skinless, boneless chicken breast cutlets
- 1/4 teaspoon smoked paprika
- Cooking spray
- 4 cups fresh baby spinach
- 1/4 cup thinly sliced red onion
- 3 tablespoons chopped pecans, toasted
- 1 ounce reduced-fat feta cheese, crumbled (about 1/4 cup)



Directions:

1. Combine 1 tablespoon oil, vinegar, honey, thyme, 1/4 teaspoon pepper, and 1/8 teaspoon salt in a medium bowl; stir with a whisk. Add 1 cup strawberries, tossing to coat. Let stand at room temperature 10 minutes.
2. Heat a medium skillet over medium-high heat. Brush chicken with remaining 1 teaspoon oil; sprinkle evenly with remaining 1/8 teaspoon pepper, salt, and paprika. Coat pan with cooking spray. Add chicken to pan; cook 2 to 3 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Cut across the grain into slices.
3. Divide spinach, remaining 1 cup strawberries, and onion between 2 plates. Top evenly with chicken slices and strawberry-balsamic mixture. Top each serving with 1 1/2 tablespoons pecans and 2 tablespoons cheese.

Source: MyRecipes

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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SELF-CARE

B I N G O

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