



Commit to Be Fit

Weekly Newsletter

Monday, May 28th – Sunday, June 3rd

Announcements



That's a Wrap, Rapp!

It's been a great year! Thank you for being a part of our wellness journey. We hope you can join us again for even more fun in the fall! Details on our select summer offering will be available shortly. Have a great summer!



Weekly Activity Schedule

Monday, May 21st-

**No Activities
(Memorial Day)**

Tuesday, May 22nd-

RIP 30- 7:15am
RCHS Room 110

Yoga- 4pm
RCES Room 28

Wednesday, May 23rd-

Walking Group- 7:30am
RCES

Ballet Toning- 6:30pm
RCHS Room 110

Thursday, May 24th-

**No Activities
(Summer Break Begins)**

*Summer schedule will be available shortly.
Regular schedule will resume in the Fall.*

TIPS *From the Team*



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

Nutrition Tip of the Week

Local Farmer's Markets have opened for the season! Below is information for nearby markets and be sure to check out local stands in Rappahannock too:

- Warrenton:** Wednesdays 8am – 1pm WARF Parking lot, 800 Waterloo Road AND Saturdays 8am – 12pm at the corner of 5th and Lee Street in Old Town
- Culpeper:** Saturdays 7:30am – 12pm East Davis Street and Commerce Street parking lot
- Page County:** Saturdays 9am – 1pm Allegheny Power Parking Lot on Mechanic Street.
- Front Royal:** Saturdays 9am – 1pm Gazebo Commons 414 E. Main St.



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist

Fitness Tip of the Week

"Schools out for summer"... cue Alice Cooper's 1972 hit song. Did you know that swimming builds endurance, muscle strength, and cardiovascular fitness? In addition, swimming is a full body, low impact workout that helps to improve flexibility, coordination, and has been shown to reduce stress. If swimming isn't already part of your fitness routine, try incorporating a few sessions this summer.



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

Healthy Kids Tip of the Week

Fill your Memorial Day Weekend with fun- family- healthy activities!

- Go swim and play in a local pool.
- Head to the park for an active day of family fun. Pack a picnic.
- Find the nearest farm with berry picking as strawberries and blueberries will be in season.
- Head to a local lake or river for tubing and floating!
- Take advantage of our nearby beautiful hiking trails.

Recipe of the Week

Parmesan Zucchini and Corn

Yields: 4 Servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 4 zucchinis, diced
- 1 cup corn kernels, frozen/canned/ or roasted
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Salt and pepper to taste
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons grated Parmesan cheese



Directions

1. Heat olive oil in a large skillet over medium heat. Add garlic to the skillet, and cook for 1 minute.
2. Add zucchini, corn, basil, oregano, and thyme. Cook, stirring occasionally, until zucchini is tender and cooked through, about 3-4 minutes; season with salt and pepper to taste. Stir in lime juice and cilantro.
3. Serve immediately, sprinkled with Parmesan.
4. Enjoy!

