



commit to be fit

Weekly Newsletter

Monday, September 10th - Sunday, September 16th

Announcements

Drink Up!

Our September hydration challenge is underway! It's not too late to join in and create healthy habits. Print out the log on our website to get started. Copies are also available at the School Board Office.

Clarification- On the activity sheet, "Reduce your sugar sweetened beverage intake" should include "**Reduce or eliminate your sugar sweetened beverage intake**". Therefore, if you are only drinking water, be sure to give yourself points.



Test Your Hydration Knowledge (& Taste Buds) at Wellness Wednesday!

Join us on Wednesday, Sept. 12th for Hydration Trivia & Blind Taste Test! We will be playing a fun Kahoot game to test your hydration knowledge. See if you can answer the questions correctly, faster than your competitors. Please bring your smartphone (or chrome books will be available to use). In addition, we will be testing our taste buds in a blind taste test. Sample some fruit infused water flavors to see if you can correctly guess the flavors. This workshop is guaranteed to be fun! We hope you can join us.

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Announcements *(continued)*

New Classes Debut This Week!

Join Holly on Monday mornings for Barre. This 30 minute class is designed to strengthen and tone your body, while improving core strength and improving posture. In this workout, we will utilize small, medium, and large ranges of motion to keep bones strong, recruit different muscles fibers, and achieve long, lean muscle. Expect to work your lower body, upper body, and core in this blend of ballet inspired moves, Pilates, and Yoga. This class is similar to Ballet Toning. However, the use of the ballet barre allows for deeper range of motion and greater repetition. This class is appropriate for all fitness levels and can be modified to meet individual fitness goals.

In addition, C2BF is thrilled to announce 2 additional evening classes. Join Gail for Low Impact Aerobics on Tuesday and Thursday at 5:30pm. Increase your heart rate and break a sweat with this joint-friendly class.



Barre

Mondays at 7:15am

Low Impact Aerobics

Tuesdays & Thursdays at 5:30pm

Location: Both classes will meet in High School Room 110 (use side door on far end of bus lane)



This Week's Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|------------------------------------|---------------------------------------|------------------------------------|-------------------------------|------------------------------------|
| 10 7:15am- Barre | 11 4:00pm- Yoga | 12 7:30am- Walking Group | 13 4:00pm- Yoga | 14 7:15am- RIP30 | 15 9:00am- MMA Cardio |
| 5:30pm- STEP | 4:00pm- RIP30 | 4:00pm- Wellness Wednesday | 5:30pm- Low Impact Aerobics | | |
| | 5:30pm- Low Impact Aerobics | 5:30pm- STEP | | | |

Class Locations: Cardio Bootcamp, Step, RIP30, Low Impact Aerobics, MMA Cardio, Barre, and Wellness Wednesday meets at the High School in Room 110 (please use side parking lot door off the far end of the bus lane). Yoga meets at the Elementary School in Room 28. Walking Group meets in the front lobby of the Elementary School.

Happenings & Highlights

Smoothie Packs!

During last week's Wellness Wednesday Workshop, we made smoothie freezer packs! Participants each made five different recipes to take home and enjoy. The recipes included Very Berry Smoothie, Berry Grape Smoothie, Sweet and Sour Berry Smoothie, Strawberry and Banana Smoothie, and Tropical Bliss Smoothie. The class ended with a sample!

Join us on Wednesday, Sept. 12th for Test Your Hydration Knowledge Trivia (& Taste Buds).



Weights & Food Labels

The RCHS Nutrition & Personal Fitness students learned how to read food labels during last week's class. The students completed the lesson with a nutrition label scavenger hunt. During the fitness portion, students designed a workout (with assistance from Jackie Tederick) and completed it as a group. In addition, the class learned about proper technique and form during strength training.

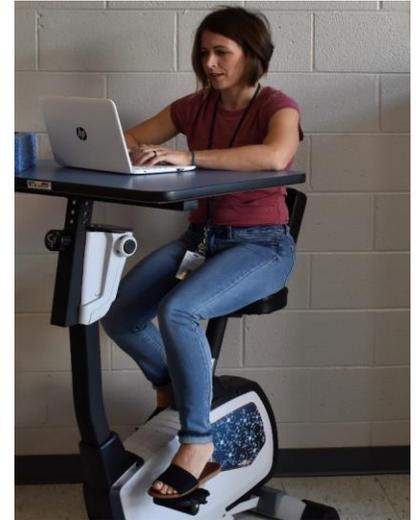


Happenings & Highlights *(continued)*

Pedal While You Work

C2BF recently added a pedal desk to the RCES teacher’s lounge. Teachers at the Elementary School can now cycle while working during their planning periods. Brain research supports a link between movement and learning. In addition, physical activity has been shown to increase both memory and attention span.

Earlier this year, Commit to Be Fit raffled off five under desk pedal cycles during a back to school event for RCPS teachers.



Jenkins to “Serve”

Holly Jenkins was recently appointed as Middle Atlantic Regional Director of Crossminton USA, serving Virginia, Maryland, West Virginia, New Jersey, Pennsylvania, Delaware, and Washington DC. According to Jenkins, “this is a fantastic opportunity to bring more awareness to this fun, family-friendly sport. I’m excited for C2BF and Rapp to be involved early on as it gains more popularity in the US.” Stay tuned for more upcoming workshops and games coming soon to the C2BF schedule. Crossminton is a cross between badminton and tennis.

Fresh Fruit Friday

Name change! Doesn’t Fresh Fruit Friday sound better than Fruit Infused Friday? We thought so too! This past week, we featured a refreshing strawberry kiwi infused water mixture for all RCPS staff.



Tips from the Team



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

Nutrition Tip of the Week

Do you have a child that is a picky eater? Try these tips when exposing them to new foods:

- Let them try small portions of new foods that you enjoy
- Offer only one new food at a time
- Be a good role model. Try new foods yourself and describe their taste, texture, and smell together with your child
- Offer new foods first at the beginning of the meal when they are most hungry
- Be patient – new foods can take time. Offer the new food many times, it could take up to a dozen tries for your child to accept a new food

Fitness Tip Submitted by
Holly Jenkins, CPT

Wellness Integration Specialist



Fitness Tip of the Week

“It is not enough to have a good mind; the main thing is to use it well.” – Rene Descartes

Here is a tip to try the next time you are performing chin-ups. Stop thinking about pulling yourself upward. Instead, focus on pulling your elbows down. Give it a try! Psychologically, it’s much easier.

Healthy Kids Tip of the Week



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

Help encourage kids to regularly hydrate with these six ideas.

- 1. Play with Ice Cube:** There’s an ice cube tray in every shape and for every occasion these days: birthday candles, cartoon characters, letters in the alphabet, ships, flowers, and spooky Halloween shapes. A few wacky shaped ice cubes add some flare to an average glass of water.
- 2. Design a Cool Cup:** A special cup can encourage kids to keep filling it up. Let your kids use their creativity to create their own unique design. A few ideas: A bejeweled goblet, a Mason jar spill-proof glass, or a customized coffee cup.
- 3. Learn About Hydration:** Understanding the science of hydration can be a great way to motivate your kids to stay hydrated. A fun and easy mini-project: Let your kids study the effects water deprivation has on a household plants. The plant will likely wilt, displaying an important lesson about hydration.
- 4. Have Fun with Straws:** Curly-Q straws or homemade paper straws are a quick, fun and easy way to spice up a glass of water.
- 5. Fruit Infusion:** Add some flavor to your water with a fresh-cut lemon wedge or some fresh fruit from the farmer’s market. Or let your kids experiment and come up with their original recipes for infused water. Cucumbers, strawberries, and citrus fruits are all wonderful and tasty additions.
- 6. Create a Household Hydration Station:** Do you have a hydration station in your home? Put together a water dispenser, cups, and encourage your family to drink regularly when they pass by.

Recipe of the Week

No Bake Energy Bites

Total Time: 10 mins.

Prep Time: 10 mins.

Cook Time: 0 mins.

Ingredients

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- ½ cup peanut butter
- ½ cup ground flax seeds
- ½ cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract



Directions

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and refrigerate for up to 1 week.
3. Makes about 20-25 balls.

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.

For more information, contact Holly Jenkins at hjenkins@rappahannockschools.us