

commit to be fit Weekly Newsletter

Monday, August 19th - Sunday, August 25th

Announcements

Group Classes Return on Monday

The C2BF Team is thrilled to announce that we are kicking off our class schedule on Monday, August 19th. Everyone in the community is invited to attend these FREE offerings. Several popular classes have returned with three new additions: **Meditation & Relaxation** (Wednesday at 4pm), **Balance** (Tuesday at 7:30am), and **Walk/Run** (Tuesday and Thursday at 7:30am). Be sure to check out our August schedule on page to see all of the changes in the days and times. Please note- our evening classes will start August 26th.

New to C2BF? First off, welcome to Commit to Be Fit! All of our classes, workshops, and events are absolutely free and are open to the community! You can drop in to any of the classes without advanced sign-up. However, if you would like for us to meet with you before class, we would be happy to show you to the room and introduce you to the instructor on your first visit. Email Holly Jenkins at hjenkins@rappahannockschoools.us for more information.



This Week's Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	19 7:30am- Walking Group	20 7:30am- Balance	21 7:30am- Walking Group	22	23
Afternoon	4:00pm- Yoga 4:00pm- COW	4:00pm- RIP30 (live) 4:30pm- Walk/Run	4:00pm- Meditation & Relaxation	4:00pm- Yoga 4:00pm- RIP30 (live) 4:30pm- Walk/Run	4:00pm- Veggie Meter Readings for Community (High School Neuronasium- use door by gymnasium)

Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

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Announcements (Continued)

Veggie Meter Readings

The Institute of Healthy Living (IHL) is returning to take veggie meter readings. The Veggie Meter is a device that measures fruit and vegetable intake. If any of you are interested in learning your score, we will be offering community Veggie Meter readings on Friday, August 23rd at 4pm in the High School Neuronasium (please use door by gymnasium). Staff will have an opportunity during the school day. Visit our website homepage for more details.



It's Official!

While Jen Atkins has been a part of our team since the Brain STAR Action Based Learning (ABL) lab debuted in January 2018, she is now “officially” a full-time C2BF team member. In addition to overseeing the ABL lab as the Brain STAR Lab Coordinator, Jen will be visiting RCES classrooms to integrate movement into classroom lessons, along with Jackie Tederick. Also, she will be leading some of our morning walking groups.

When asked about her new position, she exclaimed, *“I'm super excited to be a part of this awesome team!!”* Trust us, Jen, the feeling is absolutely mutual!

Childcare Survey

We are exploring the possibility of adding childcare options for some of our group exercise classes. In order to help us identify if there is a need and if so, the scope of this need, please complete our short survey.

<https://www.surveymonkey.com/r/JPF5TS>

Take Our Survey

Wellness Wednesday

Our monthly meal prep workshop series will return in September. If you have any meal suggestions, email Mandi at abutler@rappahannockschoos.us.

Happenings & Highlights

New Sensory Path at RCES

When the students returned to RCES during Meet the Teacher Day, they were excited to see the new Commit to Be Fit Sensory Path in the primary wing. According to one happy student, *"this is the best hallway ever!"* The path, which extends through two hallways in the elementary school, incorporates a variety of movement activities that incorporate learning shapes, alphabet, and colors for the youngest students. However, it's not just for the Pre-K and Kindergarten students. Even the older students can benefit from the movement activities on the path.

"The C2BF team is so excited about the installation of the sensory path to allow students to build sensory pathways and connections in the brain while developing essential skills like balance and spatial awareness to aide in learning," said Jackie Tederick, Wellness Integration Coordinator. *"This is all happening while they are having FUN! Win-win!"*

To follow the path, students must hop the alphabet, balance, walk heel-to-toe, jump, march, complete hop-scotch, step from object to object, tip-toe on a squiggly line, and crab walk. These locomotor movements assist in filling various developmental movement gaps while increasing sensory pathways in the brain to enhance learning. In addition, the path is a helpful way to increase blood flow which research shows can improve students' focus in the classroom.

"I love it!" exclaimed a second grader. *"We need more [paths] in other halls."* A fourth-grade student chimed in, *"I give it a 10 out of 10!"*



Tips from the Team

Nutrition Tip of the Week



Seasonal produce is in full swing at nearby farmer's markets! Be sure to bring your POP Bucks to the Warrenton and Rappahannock farmer's markets.

Rappahannock: Saturdays 11am - 2pm Pen Druid 7 River Ln. Sperryville

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.

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

Fitness Tip of the Week

How many of you have taken a Yoga class and thought to yourself that you wish the meditation portion at the very end were longer? Surely, I'm not the only one. Well, if you answered yes to my question, you will want to try our new Meditation & Relaxation class on Wednesdays at 4pm. Meditation has several physical, emotional, and psychological benefits such as decreasing stress, decreasing anxiety, lowering blood pressure, increasing your energy level, and increasing your concentration. We will have Yoga mats available, but feel free to bring your own. This class will be held in the new RCES courtyard (weather permitting) or in room 28 at the elementary school.

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



Healthy Kids Tip of the Week



Back to School Tips for Families

- Aim to get into an after-school routine that allows for a balance for four key elements: snack, relaxation, play, and study.
- Be sure to set specific guidelines about screen time.
- Check your child's old backpack and consider replacing it with a sturdy, ergonomic and kid-friendly one.
- A general study tip is to encourage a five minute break after every 20 minutes of studying. An activity, such as a short walk, will increase attention and focus when returning to the books.
- Encourage your child to get to bed earlier. Pediatricians recommend that children age 6 to 12 a minimum of 9 hours of sleep a night. Teens should get no less than 8 hours a night.

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

Recipe of the Week

Healthy Zucchini Tomato Bake

Yields: 6 servings
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients:

- 1 cup zucchini sliced
- 1 cup yellow squash sliced
- 2 cups tomatoes sliced
- 2 tablespoons basil fresh, chopped
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon pepper

Directions:

1. Preheat oven to 350 and spray a pie dish or 8x8 baking dish with oil.
2. Slice the tomato and squash into 1/4 inch thick slices.
3. Layer the squash, zucchini, and tomato in a pattern, side by side until the pan is full.
4. Whisk together chopped basil, olive oil, salt, pepper and Parmesan cheese. Pour it over vegetable mixture until covered.
5. Bake at 350 for 20-25 minutes until vegetables are slightly tender. If you like your vegetables cooked well, keep the dish in the oven for an extra 5-10 minutes.
6. Optional: Top with additional parmesan and optional hot pepper flakes

Source: *The Clean Eating Couple*



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.

Monday	Tuesday	Wednesday	Thursday
			1
5	6	7	8
12	13	14	15
19 7:30am- Walking Group 4:00pm- <i>Yoga</i> 4:00pm- cow	20 7:30am- Balance 4:00pm- RIP30 (live) 4:30pm- Walk/Run	21 7:30am-Walking Group 4:00pm- Meditation & Relaxation	22 4:00pm- <i>Yoga</i> 4:00pm- RIP30 (live) 4:30pm- Walk/Run
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Class Descriptions and Locations

Balance- Standing strength, balance, and coordination are the focus of this 30 minute class. Start off your day with dynamic and static exercises designed to enhance balance while strengthening the core and lower body.

Location: *High School Room 110 (please use door by staff parking lot- to the side of the bus lane)*

COW (Challenge of the Week)- Calling all competitors! Are you up for a challenge? This 20 minute challenge features different exercises each week such as sprints, push-ups, burpees, squats, etc. Race the clock to see how many rounds you can complete. Weekly results will be featured on the COW web page. Be sure to bring a water bottle and towel.

Low Impact Aerobics- Increase your heart rate in this low-impact cardio workout.

Location: *High School Room 110 (please use door by staff parking lot- to the side of the bus lane)*

Meditation & Relaxation- Deepen your connection with yourself through meditation. Learn breath techniques that reduce stress and anxiety while activating the parasympathetic nervous system, which restores the body's innate healing capacity. Mats are provided, but you are welcome to bring your own.

Location- *Elementary School Room 28 (or RCES Courtyard weather permitting)*

RIP30- Strength training set to music. Join us for this 30 minute barbell workout.

Location: *High School Room 110 (please use door by staff parking lot—to the side of the bus lane)*

STEP - Increase your steps with this fun, cardio workout. Step on, over, and around a height adjustable "step" platform. Class concludes with core exercises.

Location: *High School Room 110 (please use door by staff parking lot- to the side of the bus lane)*

Walk/Run- Whether you are looking to increase your steps or training for an upcoming race, join us for this 30 minute walking/running group. All levels welcomed.

Location: *High School Room 110 (please use door by staff parking lot—to the side of the bus lane)*

Walking Group- Come out and walk with us! All paces are welcome and encouraged to join in.

Location: *Indoors at the Elementary School (meet at the front lobby)*

Yoga - Traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation. Mats are provided, but you are welcome to bring your own.

Location- *Elementary School Room 28*

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www.rappc2bf.com

Please note-- In the event that school is cancelled or released early, C2BF classes will not be held. If there is a delayed opening, morning classes will not meet.