



# commit to be fit

## Weekly Newsletter

Monday, December 16<sup>th</sup> – Sunday, December 22<sup>nd</sup>

### Announcements

## Check it out!

Want to learn more about C2BF in the classroom and cafeteria? Be sure to check out the **new resources** page on our website. <https://www.rappc2bf.com/resources-1>  
This page includes the latest editions from our monthly Parents' Newsletters (*shown right*) and our monthly Teacher's Corner Newsletters. Plus, there is a helpful resources section for the community. Finally, you can access our videos and newsletters directly from this page.  
Be sure to scroll through our cafeteria, classroom, and community pages as well to see all of the recent updates. Even more resources will be coming soon!



[www.rappc2bf.com](http://www.rappc2bf.com)



## Schedule Update

**Step and Low Impact Aerobics will not be meeting this week.** We apologize for the last minute change in the schedule. See the updated weekly calendar below.

## This Week's Activities

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19
Morning	7:30am- <b>Walking Group</b> ●		7:30am- <b>Walking Group</b> ●	7:15 am- <b>RIP30</b> (video) ◇
Afternoon	4:00pm- <b>Yoga</b> ●	4:00pm- <b>Goal Getters Meeting</b> (School Board Office)	4:00pm- <b>Meditation &amp; Relaxation</b> ●	4:00pm- <b>Yoga &amp; Kid's Club*</b> ●
Evening				

**In the event of early release or school closure, classes will not be held. In the event of a delay opening, morning classes are cancelled.**  
Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

● = Elementary School ◇ = High School

\*Must preregister for Kid's Club by emailing [jatkins@rappahannockschoools.us](mailto:jatkins@rappahannockschoools.us) by Tuesday

### In this Issue

Announcements- Page 1

Tips from the Team- Page 2

Featured Recipe- Page 3

# Tips from the Team

## Nutrition Tip of the Week



Confidence in the kitchen at an early age can set your child up for a lifetime of healthy habits. Teach your children about food safety when it comes to cleanliness, avoiding burns, and how to use knives properly. Demonstrate how to wash hands properly and talk about the importance of washing cooking surfaces and utensils. Talk to your little ones about how the handle of a pot should face the back of the stove to avoid accidentally bumps. Show them how to properly hold and use a knife and let them practice with a plastic knife on soft foods such as bananas.

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

## Fitness Tip of the Week

Did you know that December is statistically the time of year that many people tend to drop off the fitness wagon? On the other hand, January tends to be the most fitness focused time of year. Get a jumpstart on everyone else and start tackling those New Year's resolutions now. If you are interested in attending a local gym, now is the perfect time! With fewer people working out in December, there will be lots of fitness equipment available and plenty of room in fitness classes.

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



## Healthy Kids Tip of the Week



Play charades! This silly game will result in movement and laughter—both of which are key components of wellness.

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

# Recipe of the Week

## Root Veggie Chips

Servings: 8

### Ingredients:

- 1 medium sweet potato
- 1 medium beet
- 1 medium Rutabagas, raw
- 1 medium turnips
- 1 medium parsnips
- 1 tablespoon olive oil
- 1/4 teaspoon salt



### Directions:

1. Wash, peel and thinly slice vegetables (to 1/8 inch or thinner).
2. Place all veggie slices in a bowl and drizzle with olive oil.
3. Arrange slices on a cookie sheet and sprinkle with salt.
4. Bake at 400 degrees for about 30 minutes, or until your veggies are crispy, but not burned!

*Source: 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.*