



# commit to be fit

## Weekly Newsletter

Monday, January 6th – Sunday, January 12th

### Announcements

## January Schedule

Happy New Year, C2BF Family!! We hope that everyone had a wonderful holiday season filled with love, joy, and restfulness. But now that 2020 is here, it's time to work towards those new year resolutions... or just to maintain all of those awesome, healthy habits. The January class scheduled is now available. See page 4 to check out our monthly offerings.

We are excited to announce that Mike Myers is back (sort of) for 2 special pop-up classes. Join him for a 30 minute Kick It! (mixed martial arts) class on Tuesday, January 7th. Then on Tuesday, January 14th, Mike is offering a special 30 minute Cardio Bootcamp class.

Holly is back in action (kind of) to coach Fit Fun Circuit on Tuesday, January 21st and Tuesday, January 28th.

Our regular line-up is also returning for the New Year! These classes include Yoga (with Miranda), Step (with Gail), COW (with Mandi), Walking Group (with Jackie and Jen), Low Impact Aerobics (with Gail), Meditation and Relaxation (with Rich), and RIP (with Mandi). Come on out and join us for these awesome and FREE classes!



## This Week's Activities

|           | Monday          | Tuesday                     | Wednesday                   | Thursday                      |
|-----------|-----------------|-----------------------------|-----------------------------|-------------------------------|
| Morning   | 6<br>No Classes | 7                           | 8<br>7:30am-Walking Group ● | 9<br>7:15 am- RIP30 (video) ◇ |
| Afternoon |                 | 4:00pm- Kick It!            |                             | 4:00pm- Yoga & Kid's Club* ●  |
| Evening   |                 | 5:30pm- Low Impact Aerobics | 5:30pm- STEP                | 5:30pm- Low Impact Aerobics   |

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

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# Tips from the Team

## Nutrition Tip of the Week



The beginning of the year is often filled with New Year resolutions surrounding a healthier lifestyle. Focusing on one healthy eating habit at a time can make your goals more attainable. A good place to start could be to incorporate more fruits and vegetables. Fruits and vegetables are low in calories and high in nutrients such as vitamins, minerals, antioxidants, and fiber. Keeping a food log can be a helpful starting place to see how many servings you're currently getting and where more can be added or swapped out with other foods. Here are some ways to introduce more:

- Add fruit such as berries to yogurt or cereal
- Add a side salad to lunch and dinner
- Snack on vegetables such as carrots and hummus
- Add vegetables such as spinach or peppers onto your salad, sandwich, or omelet

\* Holly, Jackie, and I are also available to meet one on one and talk about health goals and make an action plan!\*

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

## Fitness Tip of the Week

Happy New Year! Let's talk about New Years Resolutions. Whether we officially label them as such, we all have them. However, if you find that you are making the same declaration of change year in and year out, stop! This typically means that you are setting yourself up for failure and disappointment. I'm not suggesting you quit altogether. Rather, restructure your resolution to be more meaningful and realistic. Keep in mind that small steps on a consistent basis will get you farther than a few giant ones that end abruptly. If you would like personal assistance with goal setting, email me (or any C2BF team member) to set up a one-on-one appointment.

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



## Healthy Kids Tip of the Week



Did you know that exercise boosts your immunity during cold and flu season? According to the CDC, just a few minutes a day can help prevent simple bacterial and viral infections. Try incorporating a few extra minutes of movement with your kids, such as a fun dance party during commercial breaks.

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

# Recipe of the Week

## Healthy On-the-Go Meal Prep Snack Ideas

### Vegetable Snack Pack

- 5 cherry tomatoes
- 1/4 red bell pepper, seeded and sliced
- 1/3 cup sugar snap peas
- 1/3 cup English cucumber, sliced
- 1/2 cup baby carrots
- 2 tbsp hummus
- 1 Foster Farms Bold Bites Pouch

**Directions:** Fill a small reusable dipping sauce container with 2 tablespoons of hummus. Secure lid and transfer to a single-compartment container. Arrange the prepared vegetables (tomatoes, bell pepper, sugar snap peas, cucumber, and carrots) within the container and cover. Serve with 1 pouch of your favorite Foster Farms Bold Bites and transfer to a lunch box with a small ice pack or store in the refrigerator until ready to enjoy.

Source: *The Forked Spoon*



### Fruit Snack Pack

- 1/4 orange, sliced
- 4 strawberries
- 1 cup grapes
- 1/2 cup raspberries
- 2 tbsp trail mix
- 1 Foster Farms Bold Bites Pouch

**Directions:** Fill a small reusable dipping sauce container with 2 tablespoons of trail mix. Secure lid and transfer to a single-compartment container. Arrange the prepared fruit (orange, strawberries, grapes, raspberries) within the container and cover. Serve with 1 pouch of your favorite Foster Farms Bold Bites and transfer to a lunch box with a small ice pack or store in the refrigerator until ready to enjoy.

### Protein Snack Pack

- 1 hard-boiled egg
- 1/4 cup cheese, chopped into cubes
- 1/2 cup chickpeas
- 1/2 avocado
- 2 tbsp hazelnuts
- 1 Foster Farms Bold Bites Pouch

**Directions:** Fill a small reusable dipping sauce container with 2 tablespoons of hazelnuts (or another favorite nut). Secure lid and transfer to a single-compartment container. Arrange the prepared protein (hard-boiled egg, cheese, chickpeas, and avocado) within the container and cover. Serve with 1 pouch of your favorite Foster Farms Bold Bites and transfer to a lunch box with a small ice pack or store in the refrigerator until ready to enjoy. For best results, I recommend enjoying this snack pack within 24-48 hours.

### 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.*



January 2020

| Monday  | Tuesday  | Wednesday   | Thursday  |
|---|--|---|---|
| 6<br>No Classes   | 7<br>4:00pm- <b>Kick It!</b><br>5:30pm- <b>Low Impact Aerobics</b>         | 8<br>7:30am-Walking Group<br>5:30pm- <b>STEP</b>  | 9<br>7:15 am- <b>RIP30</b> (video)<br>4:00pm- <i>Yoga &amp; Kid's Club</i><br>5:30pm- <b>Low Impact Aerobics</b>  |
| 13<br>7:30am- Walking Group<br>4:00pm- <i>Yoga</i><br>4:00pm- <b>cow</b><br>5:30pm- <b>STEP</b> | 14<br>4:00pm- <b>Cardio Bootcamp</b><br>5:30pm- <b>Low Impact Aerobics</b> | 15<br>7:30am-Walking Group<br>4:00pm- <b>Meditation &amp; Relaxation</b><br>5:30pm- <b>STEP</b> | 16<br>7:15 am- <b>RIP30</b> (video)<br>4:00pm- <i>Yoga &amp; Kid's Club</i><br>5:30pm- <b>Low Impact Aerobics</b> |
| 20<br>No Classes  | 21<br>4:00pm- <b>Fit Fun Circuit</b><br>5:30pm- <b>Low Impact Aerobics</b> | 22<br>7:30am-Walking Group<br>5:30pm- <b>STEP</b>   | 23<br>7:15 am- <b>RIP30</b> (video)<br>4:00pm- <i>Yoga &amp; Kid's Club</i><br>5:30pm- <b>Low Impact Aerobics</b> |
| 27<br>7:30am- Walking Group<br>4:00pm- <i>Yoga</i><br>5:30pm- <b>STEP</b>                       | 28<br>4:00pm- <b>Fit Fun Circuit</b><br>5:30pm- <b>Low Impact Aerobics</b> | 29<br>7:30am-Walking Group<br>4:00pm- <b>Meditation &amp; Relaxation</b><br>5:30pm- <b>STEP</b> | 30<br>4:00pm- <i>Yoga &amp; Kid's Club</i><br>5:30pm- <b>Low Impact Aerobics</b>                                  |

**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.**

## Class Descriptions and Locations

**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.

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

**Fit Fun Circuit**- Challenge your body with a series of different strength training and cardio stations. This 30 minute circuit incorporates mainly bodyweight exercises (push-ups, squats, etc.) with an emphasis on functional fitness. Be sure to bring a water bottle.

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

**Kid's Club**- RCES students (PreK and up) are invited to join Ms. Jen for an hour of movement, play, and other fun activities in the action based learning lab or playground (*weather permitting*). Drop off students in the cafeteria starting at 3:50 pm for a healthy snack before you head off to Yoga class. **Preregistration is required on a weekly basis.** Please email Jen at [jatkins@rappahannockschools.us](mailto:jatkins@rappahannockschools.us) by Tuesday of each week to reserve your child's spot. Please include your child's name and grade level at RCES. Children must be current RCES students. The kids' club is open to the first 8 children that are register each week. **This pilot program is being offered to test the need for childcare for our C2BF classes and is currently only available to parents' that will be attending the Thursday Yoga class.**

**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)**

**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**

**New to classes?** First off, welcome to Commit to Be Fit! All of our classes, workshops, and events are absolutely free! 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@rappahannockschools.us](mailto:hjenkins@rappahannockschools.us) for more information.



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