



# commit to be fit

## Weekly Newsletter

Monday, February 18<sup>th</sup> - Sunday, February 24<sup>h</sup>

### Announcements

## Kid's Event- Drums Alive

**February 20<sup>th</sup> ▪ 6-8 pm ▪ RCHS Gymnasium**

Join us for Drums Alive Kids Beats Class! This cardio drumming, whole brain, whole body program is designed to get you rocking and rolling while having fun. Set to music, the fitness based program will keep you engaged throughout the class. This 60 minute format is designed for students in grades K-5. We welcome all abilities and no experience is needed. This program is led by Ignite Fitness, LLC.

This event is running in conjunction with the **SCHOOL SAFETY SUMMIT** being held from 6-8 pm in the RCHS Auditorium. Leave your children with C2BF for fun fitness activities while you attend this event. Come early for the spaghetti dinner being held at 5 pm. Visit the school website for more details and to RSVP for dinner.



## This Week's Activities

| Monday              | Tuesday  | Wednesday   | Thursday  | Friday  |
|---------------------|--|---|---|---|
| 18<br>No Activities | 19<br>4:00pm- <i>Yoga</i><br>4:00pm- <b>RIP30</b> (live)<br>5:30pm- <b>Low Impact Aerobics</b> | 20<br>7:30am- <i>Walking Group</i><br>5:30pm- <b>STEP</b><br>6:00pm- <b>Kids' Event</b> | 21<br>2:30pm- <b>Chair Yoga*</b><br>4:00pm- <i>Yoga</i><br>5:30pm- <b>Low Impact Aerobics</b> | 22<br>7:15am- <b>RIP30</b> (video)<br>4:00pm- <b>Kick It!</b> |

\*Chair Yoga requires advanced registration. Email Miranda at mirandahope@yahoo.com for more details. Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

### In the Issue

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# Announcements (continued)

## Meal Prep Workshop

Join us on Wednesday, Feb. 27th as we meal prep Quiona Stuffed Peppers. Email Amanda by Friday, Feb 22nd with which ingredient you can bring. We hope to see you there! See Page 4 for the complete recipe.

## Helpful & Healthy Tidbit

### Plan Ahead

Be sure to check out Amanda's Nutrition Tip (Page 3) on planning ahead. Here is a helpful tool to get you started.



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### WEEKLY MEAL PLAN

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| SUNDAY:    |
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| MONDAY:    |
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| TUESDAY:   |
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| WEDNESDAY: |
|            |
| THURSDAY:  |
|            |
| FRIDAY:    |
|            |
| SATURDAY:  |
|            |

## Tips from the Team



### Nutrition Tip of the Week

A goal to eat healthier becomes more achievable when you make a plan. Invest in yourself and set aside time to meal plan. Start off by picking a day and time to plan out meals for the week ahead. Consider which nights may be busy for your family and choose an easier recipe or one you can cook ahead of time. See what you currently have at home and create a list of what you need to buy at the grocery store. **Check out the template on page 2 to get started!**

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

### Fitness Tip of the Week

Did you know that February 20th is National Love Your Pet Day? There are so many benefits to having a pet, but research suggests that they are good for your health as well. Dog owners in particular have been shown to benefit from improved mood (increased dopamine and serotone levels) and increased physical activity opportunities. Don't have a dog of your own? Check out your local shelter for dog walking opportunities. Many shelters are happy to have volunteers spend one-on-one time with the dogs and the dogs love the extra attention and time outdoors. Plus, you will rack up those extra steps. Sounds like a win/win!

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



### Healthy Kids Tip of the Week

Bring your kids out to our Drums Alive Kids' Beats class on February 20<sup>th</sup>. While it may sound like lots of fun to drum on stability balls, there are many cognitive benefits too. Listening and replicating rhythm engages auditory systems and helps build neural connections necessary for discriminating words in language. In addition, drumming promotes hand/eye coordination and body awareness. Finally, the drumming/dance based class will increase heart rate and oxygen consumption, which leads to a healthy heart and brain. And, yes, it will be lots of fun too!!

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



# Recipe of the Week

## Freezer Meal Stuffed Peppers

Prep Time: 10 minutes   Cook Time: 1 hour, 15 mins   Total time: 1 hour, 25 mins   Servings: 6

### Ingredients

#### Mix Filling:

- 1 cup uncooked quinoa, rinsed
- 1 14-ounce can black beans, drained
- 1 14-ounce can refried beans
- 1 cup corn
- 1 ½ cups red enchilada sauce
- 1 tablespoon taco seasoning
- 1 ½ cups shredded cheese

#### Stuff Into:

- 6-8 large hollowed out fresh bell peppers



### Directions

1. Bake: From frozen, bake at 400 degrees for 1 hour 15 minutes, covered.
2. Final Step: Finish by melting extra cheese on top. Serve with guacamole, sour cream, cilantro, hot sauce, etc.

*Recipe from Pinch of Yum*

### 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.*