

commit to be fit Weekly Newsletter

Monday, May 20th - Sunday, May 26th

Announcements



Win a Tubing Excursion

This month's prize is courtesy of Shenandoah River Outfitters, Inc. One lucky winner will receive a gift certificate for 4 tube rentals. Enjoy a day trip down the Shenandoah River with your friends or family. As a reminder, point logs are due on May 28th this month.

We Need Your Feedback

Please take a moment to complete our 6 question, anonymous survey. The survey link can be found on the homepage of our website. We greatly appreciate your input.



This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
20 4:00pm- Kick It! 5:30pm- STEP	21 4:00pm- Yoga 4:00pm- COW 5:30pm- Low Impact Aerobics	22 7:30am- Walking Group 5:30pm- STEP	23 2:30pm- Chair Yoga* 4:00pm- Yoga 5:30pm- Low Impact Aerobics	24 7:15am- RIP30 (video)

*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.

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Happenings & Highlights



Power of the Pack

Commit to Be Fit was honored to meet with fellow wellness teams from around the state on May 13th. The five teams gathered in Richmond during the full-day event to share ideas and best practices for school wellness promotion. Thank you to **Greater Richmond Fit4Kids**, **FRESH- Fauquier Reaches for School Health**, **CCPS Wellness Program**, and **SHIP- School Health Initiative Program** for the opportunity to collaborate on our shared mission to promote student health.

Aqua Tone & Farmers Market

Our Nutrition and Personal Fitness class had a blast last week on our field trip to the Warrenton Aquatic and Recreation Facility (WARF)! All of their hard work this semester was celebrated in the water with an Aqua Tone & Tread class and then by shopping at the Warrenton Farmer's Market for local produce. For many, it was their first time trying a water fitness class and shopping at a farmer's market. A huge thank you to our transportation department, WARF, Warrenton's Farmers Market, and the PATH Foundation for making this experience possible for our students!



Tips from the Team

Nutrition Tip of the Week



Being mindful of added sugars is important for all of us...and especially for children as their habits and taste palates are forming. Look on ingredient labels for sugar and other names such as high fructose corn syrup, dextrose, fruit juice concentrates, glucose, sucrose, cane syrup, corn sweetener, etc. Here are some tips to cut back on your child's sweet treats:

- *Serve smaller portions of treats (use smaller bowls or "bite size" products)
- *Sip smart. Skip out on soda, juices, and sweet tea – water is what we need!
- *Use a checkout lane without candy on display
- *Use non-food rewards such as more time to play outside or a new toy
- *Offer fruit as a sweet treat first over ice cream, cookies, cake, etc.

Sweets can *still* be enjoyed as a treat! Just aim to keep them as treats versus everyday foods.

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

Fitness Tip of the Week

Make a promise to yourself to never skip two, consecutive workouts. It's harder to get back on track once you have missed multiple days. Life gets busy, but be mindful to set aside time for your health. Of course, if you are ill or injured, listen to your body and rest.

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



Healthy Kids Tip of the Week



Physical activity is essential for children and adults of all ages. Being active as a family can be fun and benefit everyone. It is recommended children exercise 60 minutes a day. A tip to add more activity to your family's busy schedule is to start small by introducing one new family activity and add more when everyone is ready. Also, take the dog on a longer walk, play another ball game, or extend other favorite activities.

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

Recipe of the Week

Kid-Friendly Brussels Sprouts

Ingredients:

- 1 pound fresh Brussels sprouts trimmed and halved
- 2 tbsp butter
- 1 tsp garlic salt
- 2 tablespoons bacon pieces
- 1 tablespoon dried cranberries

Directions:

1. Melt butter in a medium sauté pan over medium heat. Add garlic salt.
2. Add Brussels sprouts to the pan and sauté over medium heat for 8-10 minutes, or until tender on the inside and a brilliant green hue.
3. Add bacon and raisins and sauté for 1 more minute.
4. Serve warm.

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.



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