



commit to be fit

Weekly Newsletter

Monday, September 3rd - Sunday, September 9th

Announcements

Ready for a Challenge?

We are really switching things up a bit this year. We have listened to your requests and have revamped our challenge. This year, we will be holding monthly challenges. These challenges will be geared towards creating healthy habits. If you are still interested in monthly check-ins, we are happy to offer this at the Wellness Wednesday Workshops or by appointment. Our first challenge starts on Tuesday, Sept. 4th and runs through Sept. 30th.



September C2BF Challenge—Increase Your Water Intake!



To get started, print the daily activities log sheet and track your daily points. Completed log sheets are due by Oct. 2nd. All participants that have a minimum of 80 points will be entered into a prize drawing. If you reach 100 points, your name will be entered into the drawing twice! The winner will receive a Hydration Pack Backpack (similar to the one shown).

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Announcements *(continued)*



New Classes for Sept.!

September is here. As promised, we have added new classes to our fun group exercise line-up: **MMA Cardio**, **Barre**, and **Low Impact Aerobics**! We are excited to offer more morning and evening activities this year. Check out the new schedule in this newsletter to see dates & times.

Wellness Wednesday

We will be making (and sampling) 5 different smoothie recipes for you to take home and freeze. Bring one ingredient and leave with 5 freezer packs to make at home. We hope you can join us for this fun, hands-on workshop. **Due to the nature of this workshop, preregistration is required to participate. Please email Mandi at agrove@rappahannockschools.us by Tuesday if you can join us.** Let her know which 1 ingredient you can bring: grapes, strawberries, bananas, pineapple, kiwi, peaches, spinach, or blueberries.



Complete recipes are featured as our Recipe of the Week.

This Week's Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 No Classes (Labor Day)	4 4:00pm- <i>Yoga</i> 4:00pm- RIP30	5 7:30am- <i>Walking Group</i> 4:00pm- Wellness Wednesday 5:30pm- STEP	6 No Classes (Yoga will not be meeting)	7 7:15am- RIP30	8 9:00am- MMA Cardio

Class Locations: Cardio Bootcamp, Step, RIP30, and Wellness Wednesday meets at the High School in Room 110 (please use side parking lot door off the far end of the bus lane). Yoga meets at the Elementary School in Room 28. Walking Group meets in the front lobby of the Elementary School.



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September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10 7:15am- <i>Barre</i> 5:30pm- STEP	11 4:00pm- <i>Yoga</i> 4:00pm- RIP30 5:30pm- Low Impact Aerobics	12 7:30am- <i>Walking Group</i> 4:00pm- Wellness Wednesday 5:30pm- STEP	13 4:00pm- <i>Yoga</i> 5:30pm- Low Impact Aerobics	14 7:15am- RIP30	15 9:00am- MMA Cardio
17 No Activities (Professional Development Day for staff/no school)	18 4:00pm- <i>Yoga</i> 4:00pm- RIP30 5:30pm- Low Impact Aerobics	19 7:30am- <i>Walking Group</i> 4:00pm- Wellness Wednesday 5:30pm- STEP	20 4:00pm- <i>Yoga</i> 5:30pm- Low Impact Aerobics	21 7:15am- RIP30	22 9:00am- MMA Cardio
24 7:15am- <i>Barre</i> 4:00pm- Cardio Bootcamp 5:30pm- STEP	25 10:00am- Rapp at Home Workshop 4:00pm- <i>Yoga</i> 4:00pm- RIP30 5:30pm- Low Impact Aerobics	26 7:30am- <i>Walking Group</i> 4:00pm- Wellness Wednesday 5:30pm- STEP	27 4:00pm- <i>Yoga</i> 5:30pm- Low Impact Aerobics	28 7:15am- RIP30	29 9:00am- MMA Cardio

In the event that school is cancelled, C2BF classes will not be held. If there is a delay, morning classes will not meet.



Class Descriptions and Locations

Barre~ Lengthen and strengthen your body with small, ballet inspired movements.

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

Cardio Bootcamp - This 3 dimensional strength, sports, and aerobics cardio workout is sure to help you build core strength and break a sweat. Please bring a water bottle.

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

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)

MMA Cardio- This non-contact, cardio class is inspired by martial arts: Karate, boxing, & Tae Kwon Do.

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

Rapp at Home Workshop- Interested in the Commit to Be Fit wellness program? Come out and learn more.

Location: Rapp at Home, Washington Schoolhouse

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

Wellness Wednesday - This is an informal, weekly group gathering. Join us as we celebrate weekly wellness achievements and discuss how to overcome potential set-backs. There is power in group support—don’t do it alone. Different weekly themes, nutrition, and fitness topics will be discussed. Check-ins available (but optional) at this time.

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

Yoga - Traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation.

Location- Elementary School Room 28

Happenings & Highlights

Vision Board Workshop

Last week's Wellness Wednesday featured a fun vision board workshop. In this class, participants discussed goal setting and started their own vision boards to use as inspiration at home.



In the Classroom

Our Nutrition and Personal Fitness class finished up their first nutrition unit and celebrated by making omelets Friday morning. They first created an individualized recipe, researched which nutrient(s) came from that food source, prepared it, and the best part... ate it! We're looking forward to another great semester of creating healthy habits.

Nutrition and Personal Fitness is a high school elective class that is co-taught by Jackie Tederick and Amanda Grove. This is the third semester that this class has been offered to high school students.



Happenings & Highlights *(continued)*

Veggie Scores

David Perez, a representative from the Institute for Healthy Living, based in El Paso, Texas visited RCHS on Friday, August 24th to conduct Veggie Meter readings. Several students eagerly volunteered, with parental consent, to have their vegetable intake measured using a new device called the Veggie Meter. This non-invasive tool measures fruit and vegetable intake by using a light to determine the current concentration levels of carotenoid in the skin. C2BF is excited to have had the opportunity for the students to try this new, cutting edge technology.



As seen on the Action Based Learning Website

Just Dance!

The C2BF Team is featured in an Action Based Learning video... dancing! Check it out at <https://www.youthfit.com/boomerboard>. We have these Boomer Boards in the new neuronasium at the high school. As you can see in the video, they are quite a fun, versatile product. Go, Team, Go!

This video was taken at one of the action based learning trainings that the team attended in Charleston, SC. Kidsfit manufactures the equipment that is used in our action based learning BrainSTAR lab and neuronasium.

Fruit Infused Friday

Our second Fruit Infused Friday was another hit! This time, we served a refreshing cucumber flavored water for staff at both schools. Thank you to everyone that sent us kind messages regarding this fun, weekly treat. We are happy you are enjoying it!



Cucumber Flavored Water

Tips from the Team



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

Nutrition Tip of the Week

Planning healthy meals ahead of time can help you stick to a healthy eating style. Outlining meals can help when grocery shopping and save time on tiring weeknights. Find balance between all 5 food groups. If you have veggies, dairy, and protein at one meal - include fruit and grains in the next to have a balanced day. Switch up sources of protein throughout the week like chicken, seafood, beans, lean meat, and eggs. If you enjoy leftovers, you can plan to make enough to have for the lunch the next day. Experiment, try new things, and find what works best for you!



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist

Fitness Tip of the Week

Whenever possible, exercise first thing in the morning. In addition to guaranteeing that you will reach your physical activity goals, research shows it helps to increase your productivity throughout the day. According to Dr. John Ratey, best-selling author of the book *Spark: The Revolutionary New Science of Exercise and the Brain*, the effects of students engaging in physical activity first thing in the morning has many benefits in the classroom. *"They are more prepared to learn in their other classes; their senses are heightened; their focus and mood are improved; they're less fidgety and tense; and they feel more motivated and invigorated. The same goes for adults, in the classroom of life."*

This year, C2BF has 3 early morning exercise options: Barre (Mondays at 7:15am), Walking Group (Tuesdays at 7:30am), and RIP30 (Fridays at 7:15am). Join us and start your day off right!



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

Healthy Kids Tip of the Week

Researchers hypothesize drinking water can improve students' thinking and/or help students stay calm which helps with classroom performance. Also, research has suggested that staying hydrated keeps your memory sharp, your mood stable, and your motivation intact. You can also think through a problem more easily.

Staying hydrated doesn't just impact your brain, though. Here are a few ways water benefits your body's health.

- Increases Brain Power and Provides Energy
- Promotes Healthy Weight Management and Weight Loss
- Flushes out Toxins
- Improves Your Complexion
- Maintains Regularity
- Boosts Immune System
- Prevents Headaches
- Prevents Cramps and Sprains



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September Challenge

Increase Your Water Intake!

How It Works: Keep track of how many points you earn per day on the log provided. Turn in completed log by Oct. 2nd. If you have earned at least 80 points, you will be entered into a prize drawing for a Hydration Pack Backpack. If you reach 100 points, your name will be entered into the drawing twice.

Activity	Points
Track your water intake <i>(electronic or paper)</i>	1 point <i>per day</i>
Increase your water intake <i>(anything over your normal intake)</i>	1 point <i>per day</i>
Drink ½ your body weight in ounces per day- Ex. 120 lbs. = 60 oz.	1 point <i>per day</i>
Share a fruit infused water recipe <i>(email or post on FB group)</i>	1 point max
Keep a water bottle with you throughout the day	1 point per day
Reduce your sugar sweetened beverage intake	1 point per day
Email agrove@rappahannockschoools.us and request to be added to our new wellness group app	1 point max
Attend a C2BF class or Wellness Wednesday <i>(being with your fellow C2BF participants will serve as helpful support and motivation, regardless of the wellness challenge)</i>	1 point per class

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

www.rappc2bf.com



September Hydration Challenge Log

Increase Your Water Intake!

	Did you track your water intake? <i>(1 point per day max)</i>	Did you increase your water intake? <i>(1 point per day max)</i>	Did you drink ½ your body weight in ounces? <i>(1 point per day max)</i>	Did you keep a water bottle with you all day? <i>(1 point per day max)</i>	Did you reduce your sugar sweetened beverage intake? <i>(1 point daily max)</i>	Did you attend a C2BF class? <i>(1 per class)</i>	Total points per day
Sept. 4 th							
Sept. 5 th							
Sept. 6 th							
Sept. 7 th							
Sept. 8 th							
Sept. 9 th							
Sept. 10 th							
Sept. 11 th							
Sept. 12 th							
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Sept. 21 st							
Sept. 22 nd							
Sept. 23 rd							
Sept. 24 th							
Sept. 25 th							
Sept. 26 th							
Sept. 27 th							
Sept. 28 th							
Sept. 29 th							
Sept. 30 th							

Add all points in this column:



Did you share a fruit infused water recipe (email or FB group)? If YES, add 1 point	
Did you request to be added to the new app? If YES, add 1 point:	

NAME: _____

MONTHLY TOTAL POINTS

Recipe of the Week

5 Freezer Smoothie Pack Recipes

Ingredients

Very Berry Smoothie

- 1 cup blueberries
- 1 cup strawberries
- 1 banana (sliced)
- 1 cup apple juice (sweeter version)

Berry Grape Smoothie

- 1 cup blueberries
- 1 cup strawberries
- ½ cup grapes
- ½ cup water
- ½ cup plain whole milk yogurt

Sweet & Sour Berry Smoothie

- 2 kiwis (peeled and halved)
- 1 ½ cups strawberries
- ½ cup peaches
- ½ cup orange juice
- ½ cup plain whole milk yogurt

Strawberry & Banana Smoothie

- 1 cup strawberries
- 1 banana (sliced)
- ½ cup water
- ½ cup plain whole milk yogurt

Tropical Bliss Smoothie

- 1 cup pineapple
- 1 banana
- 1 cup orange juice



Directions

1. In labeled zip lock bags, combine the ingredients for each smoothie *except* the liquid. Keep bags in freezer.
2. To use a freezer pack, add liquid to the base of the blender, followed by the smoothie pack contents, and any extras such as chia seeds. Blend until smooth.

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.

For more information, contact Holly Jenkins at hjenkins@rappahannockschools.us