



commit to be fit

Weekly Newsletter

Monday, October 7th - Sunday, October 13th

Announcements

Thank you

We would like to take an opportunity to thank our C2BF Family! Our wellness program would not be as successful without each of you. From your positive energy in group fitness classes to helping us promote the program throughout the county, we are extremely grateful for all that you have done to help us grow and thrive together!

This Week's Activities

Just a reminder, as scheduled, there are a few changes to our weekly class line-up for this week.

	Monday	Tuesday	Wednesday	Thursday
Morning	7 7:30am- Walking Group ●	8 7:30am- Balance◇	9 7:30am- Walking Group ●	10 No Classes (early release for students)
Afternoon	4:00pm- COW ◇ 4:00pm- Yoga ●	4:00pm- RIP30 (live) ◇ 4:30pm- Walk/Run ◇	4:00pm- Meditation & Relaxation ●	
Evening	5:30pm- STEP ◇	5:30pm- Low Impact Aerobics◇	5:30pm- STEP ◇	

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

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Featured Class of the Week

Spotlight on... COW

Instructor Q&A with Amanda Butler

In your own words, how would you describe your class?

COW, or **C**hallenge of the **W**eek, is a quick 20 minute whole body workout. There are 3-4 exercises that make up one round. Participants work as hard as they can at their own pace to complete as many rounds as possible in the 20 minutes. The exercise movements are changed each week for a fun variety and include cardio, strength training, flexibility, and more!

Is there anything that you would like new participants to know before attending their first class?

All fitness levels and abilities are welcome! Every movement has modifications to either make it harder or easier based on what your body is capable of safely performing. We encourage one another as a small group while individually working at a pace you feel comfortable with.

In your own words, what are some of the benefits of your class?

COW is a great way to get a quick workout in and feel good on a Monday afternoon! It's only 20 mins and you leave happy and full of endorphins☺. The movements rotate and are customizable so you can try new exercises and learn workouts to replicate at home on days that COW doesn't meet. Besides the wonderful physical benefits, there are social benefits of the class too! During the lower-intensity movements, we are often laughing and catching up on one another's week which helps strengthen the connectedness of our class.

What do you like most about your class and/or the C2BF program?

Of course, I'm a little bias since I'm part of the C2BF team but...I LOVE the C2BF program! The program has created and strengthened relationships in our community while we all work individually and collectively to improve our overall wellness. I love that in some ways our program has stayed the same and in others we are continuously evolving to better meet everyone's needs. That being said - if there is a new class, workshop, challenge theme, incentive, etc. that YOU would like to see us offer, please know the C2BF door is always open and we want to hear from you!



What C2BF Participants Are Saying...

“

“Participating in the COW class adds variety to my weekly exercise routine. It offers the opportunity to set personal goals for a challenging working in a fun environment.”

“I love that the exercises change each time!”

”



Share something about yourself. What would you like participants to know about you?

My favorite passage is “Let all that you do be done in love” (1 Corinthians 14:16). I try to remind myself of this each day in my conversations, my work, and every other aspect of life. The C2BF team just got back from the National Wellness Conference where the Free Hugs Project (check them out!) and the power of kindness were talked about in opening keynote speakers. Ken Nwadike, Jr. shared that “love will save the world” which we couldn't agree with more. Love and kindness for self and others is an important part of one's wellness journey. Find what works for YOU and healthy activities that you LOVE ☺

Left- Mandi poses with Ken Nwadike, Jr. from the Free Hugs Project

Happenings & Highlights

National Wellness Conference

On Thursday, October 3rd, Commit to Be Fit presented a session entitled “A Three-Pronged Approach to School Wellness in a Rural Community” at the National Wellness Institutes’ 44th Annual National Wellness Conference on Thursday, October 3rd in Kissimmee, Florida. In addition to presenting, the team had the opportunity to meet and learn from other amazing wellness professionals from across the country.

Jackie Tederick, who serves as the Wellness Integration Coordinator for C2BF, felt it was a beneficial experience. According to Tederick, “it was an honor to attend the National Wellness Institute conference and present alongside my teammates on the C2BF wellness program.” Tederick continued, “Also, it was an excellent opportunity to share wellness ideas with other like-minded professionals and bring back things to benefit the school division.”

C2BF Wellness Integration Specialist, Holly Jenkins, agreed. “The team was excited to be given this amazing opportunity. We would like to thank the PATH Foundation for their amazing generosity which makes this wellness promotion program possible.”



Be the “I” in KIND



Commit to Be Fit kicked off Bullying Prevention Month with large murals that serve as photo ops for the students and staff to “Be the ‘I’ in Kind” while reminding the everyone to share kindness. The murals, which were created by Ms. Richardson’s and Ms. Grady’s art students, are posted in the cafeteria in both the elementary and high school.

During the month of October, RCPS staff are encouraged to participate in a Kindness BINGO game by participating in thoughtful gestures such as writing a positive note to someone or smiling at everyone they see for a whole day.

Recent research shows a link between kind acts and your psychological and physiological health.

Tips from the Team



Nutrition Tip of the Week

Focusing on one health 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

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

Fitness Tip of the Week

Let's be honest. We all go through periods where we feel a little less motivated to move. When these feelings start creeping up, make a goal to work out for only 5 minutes. Once you start, you may find you don't want to stop. Often times, it is the process of getting started that is the hardest. Next time you start feeling like you want to skip a workout, try out this tip.

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



Healthy Kids Tip of the Week

As we transition to Fall, plan to prevent influenza viruses by getting the flu shot for members of the family.

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

Recipe of the Week

Shrimp, Asparagus, and Zucchini Orzo Salad

Yield: 4 servings Prep Time: 15 minutes Cook Time: 15 minutes Total Time: 30 minutes

Ingredients:

- 8 ounces orzo pasta
- 1 tablespoon olive oil
- 8 ounces medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 8 ounces asparagus, trimmed
- 1 zucchini, chopped
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley leaves

For the Lemon Dijon Vinaigrette

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- Juice of 1 lemon
- 2 teaspoons Dijon mustard
- 1 teaspoon sugar, optional
- 1/2 teaspoon dried basil

Directions:

1. To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon juice, Dijon, sugar and basil in a small bowl; set aside.
2. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
4. Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute. Add asparagus and zucchini, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in pasta, shrimp and vinaigrette, to taste; season with salt and pepper, to taste.
5. Serve immediately with feta, garnished with parsley, if desired.

Source: *Damn Delicious*



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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