

commit to be fit Weekly Newsletter

Monday, November 26th - Sunday, December 2nd

Announcements

Challenge Logs are Due!!

Just a reminder, November Challenge Logs are due by December 3rd. **This month we will be drawing 2 winners!** One will win a basket of kitchen accessories: vegetable chopper, vegetable spiralizer, and knife set. The 2nd winner will receive a vegetable steamer. Turn them into a C2BF team member, drop off at the school board office, or email them directly to Holly at hjenkins@rappahannockschoools.us.



Wellness Wednesday

We are playing games again! The theme will be "Color Your Plate!" Join in on the fun on Wednesday, Nov. 28th at 4pm.

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
26 7:15am- Barre 4:00pm- Kick It!	27 4:00pm- Yoga 4:00pm- RIP30 (live) 5:30pm- Low Impact Aerobics	28 7:30am- Walking Group 4:00pm- Wellness Wednesday 5:30pm- STEP	29 4:00pm- Cardio Bootcamp 4:00pm- Yoga 5:30pm- Low Impact Aerobics	30 7:15am- RIP30 (video)

Just a reminder, Commit to Be Fit classes and workshops due not meet when school is cancelled. In the event of a delay school opening, our morning classes will not be held. All classes, workshops, and event are FREE of charge. Everyone is invited!

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Happenings & Highlights

Turkey Trot 2018

Check out the photos from this year's Turkey Trot! Congratulations to all that participated in this family event. It was a chilly, but fun time on the track.



Tips from the Team



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

Nutrition Tip of the Week

We hope everyone had a great Thanksgiving with family! If you did indulge yesterday at your Thanksgiving meal, don't guilt yourself. Be proud of the healthy steps you've already taken and look forward to the remainder of the week. Remember, weight gain or loss is an energy balance between calories in and calories out. Thanksgiving was one meal on one day of the week. What does the rest of your week look like? Are you eating healthy, balanced meals and being active? Be sure to check out the calendar for upcoming activities!



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist

Fitness Tip of the Week

Same habits equal same results. Our bodies adapt quickly to our regular fitness routines. If you aren't seeing the results you want, switch up your normal routine to really challenge the body and break through a plateau.



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

Healthy Kids Tip of the Week

Squeeze a little extra calorie burning into your holiday with these fun activities - cleaning, traveling, decorating, shopping, and entertaining. How can you fit in your normal exercise routine? Or even a shorter exercise routine? Here's a list of common holiday activities and the number of calories they burn. Realistically, you keep your caloric intake in check (by keeping portions small and making healthier recipe substitutions), and by adding up these common activities- like cooking and cleaning- you can still burn a hefty sum of calories without setting foot in the gym.

Wrapping gifts or making crafts (hello party favors): 30 minutes = 48

Bagging grass & leaves: 30 minutes = 127 calories

Light baking (of all your favorite treats): 1 hour = 159 calories

Washing dishes by hand: 15 minutes = 37 calories

Dusting: 15 minutes = 40 calories

Family Reunion (includes sitting, talking and eating...not fighting): 1 hour = 95 calories

Food preparation: 1 hour = 195 calories

Flag Football (fun for the whole family): 1 hour = 508 calories

Putting away groceries: 5 minutes = 13 calories

Quick nature hike after dinner: 15 minutes = 95 calories

Recipe of the Week

Chicken and Fall Roasted Veggies Sheet Pan Dinner

Serves: 4 Prep Time: 15 m Cook Time: 20 m

Ingredients

1 pound – butternut squash
 1 pound – chicken breast
 3 cup – broccoli, florets
 ½ medium – onion, red
 4 tablespoon – olive oil
 2 clove – garlic
 ¾ teaspoon – thyme, dried
 ¾ teaspoon – sage, ground
 ¾ teaspoon – parsley, dried
 ¾ teaspoon – rosemary, dried
 1/8 teaspoon – nutmeg
 ½ teaspoon – salt
 ½ teaspoon – black pepper, ground
 1 cup – brown rice, raw
 ½ cup – walnuts, chopped
 1/3 cup – cranberries, dried



Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Peel and cut squash into 1/2 inch cubes. Cut chicken into 1-inch pieces, broccoli into smaller florets and onion into slices. Add to a large dish and toss with olive oil and seasonings.
3. Pour onto a large baking sheet and bake for 15-20 minutes. Toss around halfway through roasting. Veggies should be tender and chicken no longer pink inside.
4. While roasting cook rice as directed on package.
5. Once you remove the veggies and chicken from the oven, stir in the walnuts and cranberries. Serve over rice.

**from 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.