

commit to be fit

Weekly Newsletter

Monday, June 3rd - Sunday, June 9th

Announcements



Summer Happenings

The school year may be over, but our June classes are just kicking off! Thanks to everyone that completed our FB poll. Based on your votes, we have created a RIP/C-COW class. See page 3 for class times and descriptions. In addition, our weekly newsletter will be switching to a monthly format for June and July. Both the newsletter and schedule will be back in full force in August.

May Winner Announced

Join us in congratulating the winner of our May challenge prize drawing, **Erika Parkinson**. Erika won the tube rental gift certificate courtesy of Shenandoah River Outfitters, Inc. Way to go, Erika! This concludes our 7 month challenge. Stay tuned for a new challenge starting in the fall.



This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:00am- RIP/C-COW 5:30pm- Low Impact Aerobics	5 5:30pm- STEP	6 9:00am- RIP/ C-COW	7

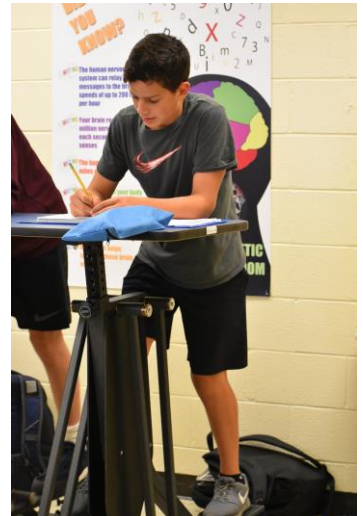
Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

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Happenings & Highlights

In the Classroom- A Look Back at SY 2018-2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 9:00am- RIP/C-COW 5:30pm- Low Impact Aerobics	5 5:30pm- STEP	6 9:00am- RIP/C-COW	7	8
10	11 9:00am- RIP/C-COW 5:30pm- Low Impact Aerobics	12 5:30pm- STEP	13 9:00am- RIP/C-COW	14	15
17	18 9:00am- COW 5:30pm- Low Impact Aerobics	19 5:30pm- STEP	20	21	22
24	25 9:00am- RIP/C-COW 5:30pm- Low Impact Aerobics	26 5:30pm- STEP	27 9:00am- RIP/C-COW	28	29

COW - Calling all competitors! Are you up for a challenge? This 20 minute challenge features different exercises each week such as sprints, push-ups, burpees, squats, etc. Race the clock to see how many rounds you can complete. Be sure to bring a water bottle and towel.

Instructor: Mandi

Low Impact Aerobics - Increase your heart rate in this low-impact cardio workout.

Instructor: Gail

RIP/ C-COW - We've combined two of our popular classes into one awesome combo. This 55 minute class starts off with 30 minutes of strength training set to music (RIP30). The second half is a 20 minute cardio COW (Challenge of the Week). Each week will incorporate a different round of cardio exercises: sprints, steps, jump rope, etc. The class ends with a cool down and stretches. Be sure to bring a water bottle and towel.

Instructor: Holly

STEP - Increase your steps with this fun, cardio workout. Step on, over, and around a height adjustable "step" platform. Class concludes with core exercises.

Instructor: Gail

All summer classes are held in High School Room 110 (please use door by staff parking lot—to the side of the bus lane)

Tips from the Team



Nutrition Tip of the Week

This week all students received \$4 worth of POP (Power of Produce) Bucks that can be spent at the Rappahannock, Warrenton, or Archwood Farmers' Markets on local produce, meat, eggs, bread, and more. Commit to Be Fit will be at the Rappahannock Market with kids activities - stayed tuned for our schedule! Thank you to the PATH Foundation for this opportunity for our community to shop and eat local.

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

Fitness Tip of the Week

Warning- selfish plug ahead!! Try our new RIP/C-COW class at 9am on Tuesdays and Thursdays! This class combines our RIP30 cardio barbell (strength training) with our COW (Challenge of the Week) class. However, we are adding a special twist. Since we will be fatiguing our muscles in RIP with all of those weight bearing reps (and if you have taken the class you know there are SO many reps lol), the COW portion will be cardio focused. Can you drop-in for only one portion? Yes, but for greater effects, I challenge you to try them both. Be sure to bring water and a towel. Hope to see you all there.

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



Healthy Kids Tip of the Week

Summer is here! Encourage children to stay active over the summer by finding fun activities. There are lots of activities that can be done at home and close to home! For example, make a treasure hunt inside or outside, and every time your children find a clue, they must complete a fitness exercise to move on to the next clue. Visit this website for more great ideas! <https://www.newitts.com/blog/keeping-kids-active-this-summer?country=/>

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

Recipe of the Week

Grilled Peach, Rice, and Arugula Salad

Ingredients:

- 3 tablespoons cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons canola oil
- 2 tablespoons maple syrup
- 1 tablespoon finely chopped shallot
- 1/4 teaspoon cayenne pepper

SALAD:

- 1 package (8.8 ounces) ready-to-serve long grain and wild rice
- 2 medium peaches, quartered
- 6 cups fresh arugula (about 4 ounces)
- 6 bacon strips, cooked and crumbled
- 1/2 cup crumbled goat cheese

Directions:

1. For dressing, whisk together first six ingredients.
2. Prepare rice according to package directions; cool slightly. Place peaches on an oiled grill rack over medium heat. Grill, covered, until lightly browned, 6-8 minutes, turning occasionally.
3. To serve, add bacon and 1/4 cup dressing to rice. Line a platter with arugula; top with rice mixture and peaches. Drizzle with remaining dressing; top with cheese.

Source: Taste of Home



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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