



Commit to Be Fit

# Weekly Newsletter

Monday, May 21<sup>st</sup> – Sunday, May 27<sup>th</sup>

## Announcements

### Only 1 Month to Go

**Spring Challenge Points due on June 21st**

We only have one month remaining in our Spring Challenge. Hiking, horseback riding, rock climbing, playing softball, etc. - get points for completing FUN activities! Plus, the person with the most points will win a \$50 gift card to Wal-Mart.

C2BF *Spring*  
CHALLENGE



## Weekly Activity Schedule

**Monday, May 21<sup>st</sup>-**

**Cardio Boot Camp-4pm**  
RCHS Room 110

**Friday, May 25<sup>th</sup>-**

**RIP 30- 7:15am**  
RCHS Room 110

**Tuesday, May 22<sup>nd</sup>-**

**Yoga- 4pm**  
RCES Room 28

**Saturday, May 26<sup>th</sup>-**

**No Activities**

**Wednesday, May 23<sup>rd</sup>-**

**Walking Group- 7:30am**  
RCES

**Schedule Change-** Monday, May 28<sup>th</sup>- No Activities

**Thursday, May 24<sup>th</sup>-**

**Yoga- 4pm**  
RCES Room 28

**MMA Cardio- 4pm**  
RCHS Room 110



# TIPS

*From the Team*



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

## Nutrition Tip of the Week

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**Understanding the nutrition label:** Start with serving information to understand the size of 1 serving and how many servings per package. Next, look at calories and remember to account for how many servings you are consuming. The next section includes nutrients with their quantities and daily value percentages (based on a 2,000 calorie diet). When aiming to reduce a nutrient (such as sodium) look for 5% or less. When aiming to increase a nutrient (such as fiber) look for 20% or higher. Also, the ingredient list on the food label lists each ingredient in descending order of predominance in the product. So aim for products with wholesome ingredients first like whole-grains versus sugar or processed flours.



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

## Fitness Tip of the Week

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*"A goal without a plan is just a wish." - Antoine de Saint-Exupery*

Often, we focus on achieving a goal or outcome: lose weight, run a race, become stronger, etc. While these goals are beneficial in keeping us motivated, they don't set us up for success unless we have a detailed plan. It's like setting out on a road trip to Ruso, North Dakota without your GPS. You wouldn't drive aimlessly and expect to just arrive at your destination, right? If you have a goal, great! Now ask yourself "how am I going to do it?" Be as specific as possible. Simply saying that you will work out more is about as helpful as saying you will just head northwest to reach Ruso. Plan ahead the specific days (and times) you will work out and the type of workout that you will do. Taking a group exercise class? Write down the name of the class. Lifting weights? Plan out the exercises, reps, and sets. Doing cardio? Plan out the type, duration, and intensity. Plan for the week or two ahead. Typically, I don't like to schedule out any further because I prefer flexibility in my training. However, if you have a certain race date in mind, it's completely acceptable to plan out months ahead of time. Write it down and post it somewhere you will see on a regular basis: daily planner, refrigerator, on your car visor. After you complete each workout, check it off. You will reach your goal by focusing on each small step.

# TIPS

*From the Team*  
*...Continued*



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

## Healthy Kids Tip of the Week

Rainy day activity for indoor exercise: Complete each exercise for 1 minute and you'll have a fast-paced, fun, 15-Minute Indoor Workout Routine. If you're really up for a challenge, complete the circuit twice for 30 minutes of fun!

1. Frog Jumps
2. Jumping Jacks
3. Skaters
4. Donkey Kicks
5. Tippy Toes (calf raises)
6. Crab Walk
7. Air Punches and Jabs
8. Ninja Kicks (Kickboxing)
9. Squats
10. Forearm Plank
11. Push-Ups
12. Arm Circles (forward)
13. Arm Circles (backward)
14. Marching Soldiers (marching in place)
15. Downward Dog (yoga for "cool down")



Have Fun!

## Recipe of the Week

### Spicy Tuna Avocado Wraps

#### Ingredients

- 2 (5 oz) cans Tuna, drained
- 1 avocado
- 2 tbsp Sriracha
- 1 tbsp Dijon mustard
- 2 to 3 tbsp celery, chopped
- 2 tbsp red onion, chopped
- 2 green onions, chopped
- 1 tbsp fresh cilantro, chopped
- Salt and pepper, to taste
- 2 heaping cups leafy green lettuce
- 1 cup matchstick carrots
- 4 (10 inch) whole wheat tortillas



#### Directions

1. In a medium bowl. Mash together tuna and avocado until combined. Add in the rest of the ingredients through the salt and pepper, mixing well.
2. To assemble top each tortilla with ½ cup leafy greens, ¼ cup matchsticks carrots and divide the tuna mixture evenly among the wraps. Tightly roll up the tortilla, slice, and enjoy!

Serving Size: 1 wrap- Calories: 295- Fat: 9.6g- Saturated Fat: 2g- Carbs: 28.2g- Fiber: 5.9g- Protein: 18.2g- Sugar: 4g - WW Freestyle Points: 7

