



# commit to be fit

## Weekly Newsletter

Monday, September 17<sup>th</sup> - Sunday, September 23<sup>rd</sup>

### Announcements

#### Toning with Tubes

##### Wellness Wednesday Theme

Join us on Wednesday, Sept. 19<sup>th</sup> for a Toning with Tubes Workshop. Learn simple strength training exercises using resistance tubes. Bring your own band or use one of ours!



#### This Week's Classes

##### Monday

##### Tuesday

##### Wednesday

##### Thursday

##### Friday

##### Saturday

17 <b>No Activities</b> (Professional Development Day for staff/no school)	18 4:00pm- <i>Yoga</i> 4:00pm- RIP30 5:30pm- <b>Low Impact Aerobics</b>	19 7:30am- <i>Walking Group</i> 4:00pm- <b>Wellness Wednesday</b> 5:30pm- <b>STEP</b>	20 4:00pm- <i>Yoga</i> 5:30pm- <b>Low Impact Aerobics</b>	21 7:15am- RIP30	22 9:00am- MMA Cardio
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Class Locations: Cardio Bootcamp, Step, RIP30, Low Impact Aerobics, MMA Cardio, Barre, 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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## Happenings & Highlights



### Healthy Role Models

C2BF is thrilled to see several of our RCPS teachers using standing desks, either in their own classrooms or in the neuronasium. We have a tendency to think (and learn) best on our feet, not in our seats. In addition, studies have shown a link between sitting for extended periods of time and a higher risk of obesity, diabetes, cardiovascular disease, and shoulder/back pain.

Thank you to RCPS staff for serving as role models for the students and promoting a culture of school wellness.

*Pictured: Tim Stockdale (left) and Dawn Roseberry (right)*



### Fresh Fruit Friday!

RCPS staff were treated to a variety of fresh fruits on Friday, September 14<sup>th</sup>. Each of the schools (and central office too) were provided with a platter(s) filled with grapes, clementines, and bananas.



About Discussion Photos Events Files

Did you know that Strawberries are made up of 92% water and Kiwi are made up of 84% water?

Eat your fruits and veggies! 🍓 🍌 🍎 🥕 🍇 🍌 🍌



### Facebook Tips

#### Need Some Hydration Motivation? Join our Group!

We are now posting regular tips on our Facebook GROUP. The tips are specific to our monthly challenge. This month is focused on hydration! If you are not a member of the group, search Commit to Be Fit and select the GROUP option. Being a closed group, only fellow group members can view these posts. Also, this is where we regularly post C2BF announcements (class changes or cancellations). Join our online community today!

## Tips from the Team



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

### Nutrition Tip of the Week

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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, 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

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Looking for a way to incorporate strength training into your routine without using weights? Try resistance tubes. These bands are versatile, portable, and won't break the bank. Join us for our Wellness Wednesday Workshop this week to learn effective resistance tube exercises for upper body, lower body, and core.



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

### Healthy Kids Tip of the Week

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Sugary drinks are the primary source of added sugars in the American diet. Liquid sugar calories don't get registered by the brain in the same way as calories from solid foods. For this reason, when you drink soda, you end up eating more total calories. Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease and all sorts of health problems. Keep in mind that fruit juices are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants do NOT negate the harmful effects of the sugar.

## Recipe of the Week

### Pesto Spaghetti Squash with Roasted Tomatoes

Serves: 4

#### Ingredients

- 1 large spaghetti squash, seeded and halved (about 4-5 lbs)
- 1 pound grape tomatoes
- 3 medium cloves of garlic
- ½ cup raw nuts (I used walnuts, but you could use pine nuts, almonds, pecans, etc.)
- ¾ cup freshly grated Parmesan cheese
- 1 large bunch of basil, leaves only, washed and dried
- 2-4 tablespoons olive oil, plus more for roasting vegetables
- salt and pepper, to taste

#### Instructions

1. Preheat oven to 400 degrees.
2. Place the spaghetti squash, halves cut side up, on a baking sheet and rub with olive oil.
3. Bake until tender and just beginning to brown on the edges, about 40 minutes.
4. Reduce the oven to 350 degrees.
5. Drizzle tomatoes with olive oil and season with salt and pepper.
6. Bake until tomatoes begin to shrivel and become juicy.
7. While spaghetti squash and tomatoes, in a food processor combine garlic, nuts and Parmesan cheese. Pulse 5-6 times until mixture is coarse.
8. Add basil leaves, and pulse a few more times.
9. Slowly drizzle olive oil into the mixture with food processor running until pesto starts to come together. Season with salt and pepper and set aside.
10. Once the spaghetti squash has baked, allow the squash to cool slightly. If liquid has collected in the center, drain it off, then scrape out the insides with a fork and separate into spaghetti strands and place in a large bowl. In the bowl with the spaghetti squash, add the pesto and toss until combined.
11. Top with the roasted tomatoes and more Parmesan cheese, salt and pepper if desired.



### 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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