



Commit to Be Fit

# Weekly Newsletter

Monday, April 23<sup>rd</sup> – Sunday, April 29<sup>th</sup>

## Announcements

### Color Run T-Shirt Deadline

The final day to order a RCHS Color Run t-shirt is Monday, April 23<sup>rd</sup> at 9am.

To order your race shirt, visit [shop.lespinc.com/rchs18colorrun](http://shop.lespinc.com/rchs18colorrun).

We hope you can come out on Saturday, April 28<sup>th</sup> for this fun, family event!

All race information can be found on our website at [www.rappc2bf.com/announcements](http://www.rappc2bf.com/announcements)



### Schedule Changes

We have a few activity changes to announce for our upcoming week. **Step classes** (all Monday and Wednesday classes) will not be meeting.

On Monday at 4pm, we will be offering a special **workshop** to give you tips on effective core/abdominal training. Join Holly for this half workshop/ half workout. Learn and try each of the featured exercises.

On Tuesday, Mike is back with a special 45 minute **Attack demo** class (in place of **RIP30**). Attack features athletic, sports inspired cardio and strength movements. Come on out and give it a try!

Finally, **MMA Cardio** is back on Thursdays at 4pm!!

### Kids' Poster Contest

Every Kid Healthy Week is April 23<sup>rd</sup>- April 27<sup>th</sup>. Encourage all RCES students to create a poster that shows how THEY plan to be healthy this summer!

Two Fitbits and other prizes will be awarded. Posters are due to homeroom teachers by Friday, April 27<sup>th</sup>. Poster size should not exceed 8 ½" x 11" (printer paper size). Posters will be displayed on the cafeteria bulletin board.

Questions: Please contact Amanda Grove at [agrove@rappahannockschools.us](mailto:agrove@rappahannockschools.us)



Fitbit model and color may vary



# Weekly Activity Schedule

**Monday, April 23<sup>rd</sup>-**

**Workshop-4pm**  
*Functional Core  
Training*  
RCES Room 1

**Tuesday, April 24<sup>th</sup>-**

**Attack Demo- 4pm**  
RCHS Room 110 (45 minutes)

**Yoga- 4pm**  
RCES Room 28

**Wednesday, April 25<sup>th</sup>-Walking Group- 7:30am**  
RCES

**Ballet Toning- 6:15pm**  
RCHS Room 110

**Thursday, April 26<sup>th</sup>-**

**Yoga- 4pm**  
RCES Room 28

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

**Friday, April 27<sup>th</sup>-**

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

**Saturday, April 28<sup>th</sup>-**

**RCES Color Run 5K**  
Visit the link below for details  
[www.rappc2bf.com/announcements](http://www.rappc2bf.com/announcements)



*Ballet Toning class*



*RIP 30 class*

## **Drums Alive Kids Beat Special Event**

Our friends at the PTO are hosting a special event for RCES students! Ignite Fitness, LLC is presenting DRUMS ALIVE KIDS BEATS SPECIAL EVENT on **Friday, April 27<sup>th</sup>** from 6:30pm-7:30pm at RCES. This is the original cardio drumming, whole brain, whole body program. Set to music, this fitness based program is designed for all ages and abilities. No experience needed. This event is FREE but spaces are limited. Reserve your student's spot by emailing [PTO@rappahannockschools.us](mailto:PTO@rappahannockschools.us).

# TIPS *From the Team*



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

## Nutrition Tip of the Week

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Water is the body's most important nutrient and needed for all of our bodily functions. This month we're celebrating Rev your Bev to encourage us to rev up our beverages in healthy, flavorful ways and to limit drinks high in sugar. Try these tips to increase your water intake during the day:

- Drink before and during meals
- Use an app on your phone to track intake
- Keep your water bottle close to you throughout the day
- Use a water bottle that is marked with hours/ounces as a goal reminder
- Eat more fruits and vegetables
- Jazz it up with flavor! Check out this week's recipe for cucumber-mint infused water



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

## Fitness Tip of the Week

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Let's talk about core training. Your core refers to muscles in your abdomen, hips, lower back, and pelvis. Did you know that a weak core can lead to poor posture, lower back pain, and muscle injuries? By incorporating exercises that strengthen the core, you will improve your balance and stability and helps to enhance daily life activities (such as bending down to tie your shoes, swinging a golf club, or playing outdoors with your kids). To learn more about core exercises, join me for the Functional Core Training Workshop on Monday, April 23<sup>rd</sup> at 4pm.



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

## Healthy Kids Tip of the Week

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This weekend we celebrate Earth Day! Pair physical activity with making Virginia a more beautiful place. Take a hike or visit a park. Make it more beautiful than you found it by picking up trash or debris.

## Recipe of the Week

### Cucumber Mint Water

#### Ingredients

- 1/3 cup fresh mint leaves
- ½ cucumber, peeled and thinly sliced
- 1/12 quart cold water



#### Directions

1. Put the mint leaves in a pitcher and use a wooden spoon to gently mash and stir until they look a little bit mashed up.
2. Add the cucumber slices and water, stir, and put the pitcher in the fridge for at least 2 hours. Strain out the mint and cucumber (only if you want) and enjoy!

