



# commit to be fit

## Weekly Newsletter

Monday, January 21<sup>st</sup> - Sunday, January 27<sup>th</sup>

## Happenings & Highlights

### Chair Yoga Debut

C2BF's newest addition to the weekly class line-up, Chair Yoga, debuted on January 10<sup>th</sup> at the Rappahannock County Library. In this gentle form of Yoga, participants perform postures and breathing exercises with the aid of a chair. Chair Yoga meets each Thursday at 2:30pm and is led by Miranda Hope. Due to limited space, preregistration is required and limited to 17 participants. If you would like to sign up to be placed on the wait list for future offerings, email Miranda at [mirandahope@yahoo.com](mailto:mirandahope@yahoo.com).



In addition to Chair Yoga, Miranda teaches C2BF's Yoga classes at RCES in Room 28 on Tuesdays and Thursdays at 4pm. The 4pm classes incorporate traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation. Drop ins are welcome!



### This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
21 No Activities Due to the Holiday	22 4:00pm- <i>Yoga</i> 4:00pm- <b>RIP30</b> (live) 5:30pm- <b>Low Impact Aerobics</b>	23 7:30am- <i>Walking Group</i> 4:00pm- <b>Wellness Wednesday</b> 5:30pm- <b>STEP</b>	24 2:30pm- <b>Chair Yoga*</b> 4:00pm- <i>Yoga</i> 5:30pm- <b>Low Impact Aerobics</b>	25 7:15am- <b>RIP30</b> (video)

\*Chair Yoga requires advanced registration. Email Miranda at [mirandahope@yahoo.com](mailto:mirandahope@yahoo.com) for more details.

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

### Institute for Healthy Living

Commit to Be Fit hosted team members from The Paso del Norte Institute for Healthy Living (IHL) for a third site visit on January 16<sup>th</sup>. Dr. Leah Whigham, Dr. Alisha Redelfs, and David Perez met with the C2BF team, school principals, and staff. During the visit, staff members had the opportunity to test their recent vegetable consumptions levels using the veggie meter.

According to C2BF Nutritionist, Amanda Butler, the veggie meter is a very helpful tool. *“We are so excited to have IHL back with us and utilizing the Veggie Meter with our staff. The Veggie Meter not only brings awareness about current fruit and vegetable intake, but also starts the conversation about the health benefits of eating a variety of fruits and vegetables. In the past, we’ve also seen our staff and students’ competitive natures come out and are hopeful to see the veggie meter used as a motivational tool to improve an individual’s score before IHL’s next visit.”*

The veggie meter is a small device that uses a LED light to read an individual’s carotenoid level on their skin. This would be the accumulation of fruits and vegetables over the most recent days/weeks. According to RCHS teacher, Mike Myers, *“it is interesting to see how the vegetables we eat can show up in a scan of your finger.”* Mike Tupper, Executive Director of Student Support Services at RCPS, agreed that the testing was beneficial. Tupper added, *“I was excited to again get my Veggie Meter reading this year. The IHL team, along with our energetic C2BF staff, took the time to educate me and others as to the importance of carotenoids in our cells. Loved the Veggie Meter handout as well!”*



*(Above) Ms. McCabe with IHL’s David Perez during the Veggie Meter test*

This was IHL’s 3<sup>rd</sup> visit to RCPS since May 2018. The team offered veggie meter test opportunities for staff during each of these prior visits as well. For those who were tested previously, this was a chance to see if their scores had increased.

According to Fran Krebsler, RCPS Special Education & Student Services Director, *“The Veggie-Meter test, sponsored by the C2BF team, is a neat way of checking to see if you are fulfilling your goal of healthy eating. I sure was pretty excited to see that my score rose 70 points from my first test in May of 2018 to the most recent test in January of 2019. What an inspiration for me to try harder to increase it by the time the IHL folks return in August!”*

*The Institute for Healthy Living (IHL) is based in El Paso, Texas and provides innovative approaches to promote healthy eating and active living. The collaboration with IHL was made possible through the generous support of the PATH Foundation.*

# Tips from the Team

## Nutrition Tip of the Week



In January, we hear a lot about diets. While there are both positives and negatives to certain diets, research has proven that diets do **not** work. Plans that are too restrictive deprive our bodies which can lead to overeating and potentially form an unhealthy cycle. What we do know to work is to create a lifestyle consuming a variety of whole foods within portions, drinking water, exercising, sleeping, and minimizing stress levels. Set an attainable goal this week to improve one of these areas in your life. If you feel comfortable, share on Facebook to the group to motivate others!

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

## Fitness Tip of the Week

With more winter weather on the way, let's talk about snow shoveling. Sure, it's not the most enjoyable activity, but it does increase your heart rate due to the repetitive activity. In addition, it strengthens muscles in your back, core, and legs. Be sure to bend your knees and lift with your legs. In addition, keep the blade closer to you to avoid back strain. Finally, don't forget to switch sides rather than only using your dominant arm. So there you have it—cardio, strength training, core strengthening, and snow removal all-in-one!

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



## Healthy Kids Tip of the Week



Here are some cardinal rules for keeping your family healthy during cold and flu season and all year-round.

- \***Eat a Healthy, Balanced Diet** - Eating a well-balanced diet that includes plenty of foods high in antioxidants (fruits and veggies) is an important part of maintaining good immune system function.
- \***Get Enough Sleep** - Not getting enough sleep can also lead to a disruption of hormonal function and reduced inability to fight off infections.
- \***Exercise** – Regular exercise boosts the immune system.
- \***Manage Stress** – Chronic and temporary stress lower the ability of the body to fight off infection.
- \***Be Aware of Germ Hot Spots** – Be aware of common areas such as bathrooms.
- \***Avoid Bad Habits That Suppress Immune System Function** – These habits include poor eating habits, not enough sleep, and not enough exercise.
- \***Laugh Together** - Studies have shown laughter boosts the immune system.
- \***Hand Washing**- Teach your child about proper hand washing.

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

# Recipe of the Week

## Pineapple Pulled Pork Instant Pot Tacos

### Ingredients

- 2 teaspoon- cumin, grounded
- 2 teaspoon- chili powder
- 1 teaspoon- oregano, dried
- 1 ½ teaspoon- sea salt
- ¼ teaspoon- black pepper, ground
- 2 ½ pound- pork shoulder, lean
- 1 medium- orange
- 2 clove- garlic
- 1 medium- onion, red
- 2 cup- pineapple
- 1 medium- bell pepper, red
- ½ cup- cilantro
- 2 medium- lime
- 1 tablespoon- olive oil
- 1/8 teaspoon- sea salt
- 1 cup- spinach
- 8 medium- tortillas, corn

### Serve With:

- 2 medium- orange



### Directions

1. In a small bowl, whisk together cumin, chili powder, oregano, 1 ½ teaspoons sea salt and pepper. Remove excess fat from pork and cut into slices. Toss in a large bowl with spice mixture. Set aside.
2. Juice one orange into the Instant Pot and add 1 teaspoon of orange zest as well. Mince garlic, add to pot. Slice half the onion, and finely dice the remaining half. Add slices to the Instant Pot. Add port and lock the lid in place.
3. Set the Instant Pot to MANUEL for 1 hour, 15 minutes. Once it beeps use the QUICK RELEASE method to vent. Carefully open the lid and shred pork using 2 forks.
4. Add finely diced onion to mixing bowl with pineapple (cut into chunks). Dice pepper and chop cilantro, add to mixing bowl. Juice 2 limes into pineapple mixture; add oil to sea salt. Mix together to coat evenly.
5. To each tortilla, add spinach, pork and salsa. Serve with orange wedges on the side.

*Recipe 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.