

commit to be fit

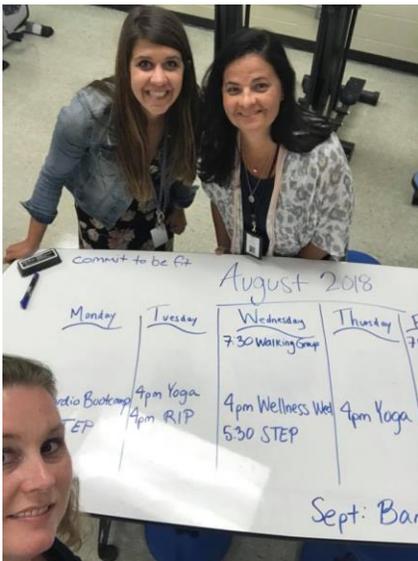
Weekly Newsletter

Monday, August 13th- Sunday, August 19th

Announcements

C2BF Classes Are Back!

Classes kick off on Wednesday, August 15th. Check out the complete August schedule included in this newsletter. New to our weekly line-up is a **Wellness Wednesday**. This is an informal, weekly group gathering. Join us as we celebrate weekly wellness achievements and discuss how to overcome potential set-backs. There is power in group support! Different weekly themes and wellness topics will be discussed. Check-ins are available (but optional) at this time. Be sure to stop by on Wednesday, August 15th for our first gathering to learn more.



C2BF Team at the scheduling meeting

Returning to our line-up for the month of August are **Step** (with Gail) at 5:30pm, **Walking Group** (with C2BF Team), **Cardio Bootcamp** (with Mike), **Yoga** (with Miranda), and **RIP30** (with C2BF Team).

Coming in September- **MMA Cardio** (with Mike) will return in September on a new day and time.... Saturdays! We will be launching a brand new **Barre** class (with Holly) in September as well. The time of this class is still to be determined. Feel free to share your thoughts of which day and timeframe you prefer.

As always, all of our classes and workshops are free of charge to the community. We hope you can join us!

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C2BF Has a New Logo!

We are thrilled to debut our new logo! This logo is representative of our three main focuses: cafeteria, classroom, and community... or the three "C"s. Also, it is a playful, abstract of our original "running man" logo. While we liked our old logo, we wanted a simple, clean logo that was easily identifiable. We are excited to finally debut it to you.

Stay in the loop! Like us on FB at www.facebook.com/rappc2bf or follow us on Instagram at www.instagram.com/rappc2bf. Join our private FB group as well (search Commit to Be Fit).

www.rappc2bf.com



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August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
13	14	15 7:30am- Walking Group 4:00pm- Wellness Wednesday	16 4:00pm- Yoga	17 7:15am- RIP30	18
20 4:00pm- Cardio Bootcamp 5:30pm- STEP	21 4:00pm- Yoga 4:00pm- RIP30	22 7:30am- Walking Group 4:00pm- Wellness Wednesday 5:30pm- STEP	23 4:00pm- Yoga	24 7:15am- RIP30	25
27 4:00pm- Cardio Bootcamp 5:30pm- STEP	28 4:00pm- Yoga 4:00pm- RIP30	29 7:30am- Walking Group 4:00pm- Wellness Wednesday 5:30pm- STEP	30 4:00pm- Yoga	31 7:15am- RIP30	

All classes are free to the Rappahannock community. In the event of school closure, C2BF classes will not be held.

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About our Classes

Class Descriptions and Locations

Cardio Bootcamp - This 3 dimensional strength, sports, and aerobics cardio workout is sure to help you build core strength and break a sweat. Please bring a water bottle.

Led by: Mike

Location: High School Room 110 (please door by staff parking lot- to the side of the bus lane)

RIP30- Strength training set to music. Join us for this 30 minute barbell video workout.

Led by: C2BF Team

Location: High School Room 110 (please use door by staff parking lot—to the side of the bus lane)

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

Led by: Gail

Location: High School Room 110 (please door by staff parking lot- to the side of the bus lane)

Walking Group- Come out and walk with us! All paces are welcome and encouraged to join in.

Led by: C2BF Team

Location: Indoors at the Elementary School (meet at the front lobby)

Wellness Wednesday - This is an informal, weekly group gathering. Join us as we celebrate weekly wellness achievements and discuss how to overcome potential set-backs. There is power in group support—don't do it alone. Different weekly themes and nutrition and fitness topics will be discussed. Check-ins available (but optional) at this time.

Led by: C2BF Team

Location: High School Room 110 (please door by staff parking lot- to the side of the bus lane)

Yoga - Traditional style yoga poses, balance work and stretching followed by a short meditation/relaxation.

Led by: Miranda

Location- Elementary School Room 28

Coming Soon...

MMA Cardio (Mike), Barre (Holly), and more!



Tips from the Team

Nutrition Tip of the Week



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

Welcome back! Besides coming back to school, August is an amazing month for fresh grown veggies in our area. Do you have an abundance of fruits or veggies from the garden? Consider canning to enjoy year round. The Virginia Cooperative Extension Office is hosting a Water Bath Canning Class on August 30th from 9am - 12pm <https://culpeper.ext.vt.edu>

Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist



Fitness Tip of the Week

Now is the PERFECT time to get back into a fitness routine! Don't wait... do it now. Even if it's only 15 minutes a day, set a goal to consistently increase your physical activity for the next 21 days. The key is to make fitness a habit. Plus, this will provide enough time for you to start feeling the benefits of movement. Join us for our inaugural Wellness Wednesday gathering at 4pm on August 15th.

Healthy Kids Tip of the Week



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

Back to School Tips for a Happier and Healthier Year

- **Wind down to earlier bedtimes** - Pediatricians recommend that children age 6 to 12 get 9 to 12 hours of sleep a night and that teens get 8 to 10 hours a night
- **Check your young student's eyes** - Good vision is critical to children's success in the classroom
- **Make sure backpacks fit well** - backpack can weigh up to 30 pounds - they should always be worn with both straps over both shoulders, not one slung over one arm, which can add to the pressure on that arm

Recipe of the Week

Stuffed Zucchini Boats with Tomato Salad

Yields: 4 Servings
Total Time: 30 minutes

Ingredients

- 4 large zucchini, halved lengthwise (about 3 pounds)
- Cooking spray
- 1 cup chopped onion
- 8 ounces hot turkey Italian sausage, casings removed
- 3/8 teaspoon kosher salt, divided
- 1 ½ ounces whole-grain bread, torn into small pieces
- 5 ounces fresh mozzarella cheese, torn into small pieces and divided
- 2 ½ teaspoons olive oil, divided
- 2 cups cherry tomatoes, halved
- ¼ cup thinly sliced basil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon freshly ground black pepper



Directions

1. Preheat broiler to high.
2. Using a spoon, remove zucchini pulp, leaving a ¼ inch thick shell. Coarsely chop pulp, reserving 2 cups; discard remaining pulp. Place zucchini halves in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH for 4 minutes; let stand, covered, until time to stuff.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and sausage to pan; cook 4 minutes or until done, stirring to crumble sausage. Stir in reserved 2 cups zucchini pulp. Place zucchini halves on a jelly-roll pan; sprinkle with ¼ teaspoon salt. Divide sausage mixture evenly among zucchini halves.
4. Place bread in a mini food processor; pulse 5 to 6 times or until coarse crumbs form. Add 2 ounces cheese and 1 teaspoon oil; pulse to combine. Top zucchini halves with bread mixture. Broil 1 to 2 minutes or until cheese melts and breadcrumbs begin to brown.
5. Combine remaining 3 ounces cheese, tomatoes, and basil in a bowl; toss to combine. Combine remaining 1/8 teaspoon salt, remaining 1 ½ teaspoons oil, vinegar, and pepper in a small bowl, stirring with a whisk. Drizzle over tomato mixture; toss to coat. Serve with zucchini boats.