



commit to be fit

Weekly Newsletter

Monday, November 4th – Sunday, November 10th

Announcements

Calling All Goal-Getters

Need a little extra motivation or accountability to reach your wellness goals? Join Holly at 4pm on Tuesdays at the School Board Office for a weekly meeting/ check-in through the end of the year. On Tuesday, November 5th, there will be a registration & welcome reception for everyone interested in participating. Plus everyone that signs up will receive a goal tracker workbook at our first meeting (November 12th).



committed to creating a healthier culture in our

CAFETERIAS CLASSROOMS
COMMUNITY

Updated C2BF Website

Our website has a new, updated look! We have designed a more informational platform that focuses on our three-pronged approach to wellness. Be sure to check out our new resources page too. Visit www.rappc2bf.com

This Week's Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	4 7:30am- Walking Group ●	5	6 7:30am- Walking Group ●	7 7:15am- RIP30 (video) ◇
Afternoon	4:00pm- Yoga ● 4:00pm- COW ◇	4:00pm- Goal Getters Registration & Welcome (School Board Office)	4:00pm- Meditation & Relaxation ●	4:00pm- Yoga ●
Evening	5:30pm- STEP ◇	5:30pm- Low Impact Aerobics ◇	5:30pm- STEP ◇	5:30pm- Low Impact Aerobics ◇

In the event of early release or school closure, classes will not be held. In the event of a delay opening, morning classes are cancelled. Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

● = Elementary School ◇ = High School

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Featured Class of the Week

Spotlight on... Meal Prep Monday

Instructor Q&A with Amanda Butler



How would you describe your class/workshop?

Meal Prep Monday (previously known as Wellness Wednesday Meal Prep) is a fun time to come together with colleagues and prepare a healthy meal to take home! Each participant brings an ingredient or two from the featured recipe to share with everyone. Then each person chops, measures, mixes, and packs their container to go with a ready to cook meal. Some participants enjoy cooking their meal that night while others like to freeze it for another busy weeknight.

Is there anything that you would like new participants to know before attending their first class?

I am always open to suggestions for future recipes to prepare! I have to make a conscious effort to use recipes other than my favorites...including any and everything Mexican flavored along with soup recipes. So please know that we always love hearing from you and want to include recipes that YOU want. So if you see a recipe that looks delicious on Facebook or Pinterest, please share! I also want participants to know that there is no right or wrong way to meal prep. The class is flexible and fun so use it to find what works best for you!

In your own words, what are some of the benefits of your class?

FOOD...everyone loves food! ☺ Meal Prep Monday is a fun way to socialize with colleagues while taking away some of the weeknight stress of “what are we going to eat?”

Also our next Meal Prep Monday on November 18th, we will each be preparing two meals – one to take home and one that will be donated to the Rappahannock Food Pantry. Please consider joining us to help nourish our neighbors in the community.

What do you like most about your class and/or the C2BF program?

Of course, I’m a little bias since I’m part of the C2BF team but...I LOVE the C2BF program! The program has created and strengthened relationships in our community while we all work individually and collectively to improve our overall wellness. I love that in some ways our program has stayed the same and in others we are continuously evolving to better meet everyone’s needs. That being said - if there is a new class, workshop, challenge theme, incentive, etc. that YOU would like to see us offer, please know the C2BF door is always open and we want to hear from you!

What C2BF Participants Are Saying...

“

“By attending the Meal Prep Workshop, I came away with a completed dish to freeze or cook. Wow, what a delicious takeout!”

“This workshop is a real treat. Mandi selects delicious recipes for us to prepare and then enjoy at home.”

”

About Mandi

Mandi Butler serves as the Nutritionist for the Commit to Be Fit program and the School Nutrition Director for RCPS. She attended Virginia Tech for her B.S. of Nutrition, Foods, and Exercise and East Carolina University for her M.A. of Health Education and Promotion. In addition, Mandi is a Certified Health Education Specialist (CHES). She loves running, watching Hokie football, and spending time outside with family, friends, and her golden retriever!

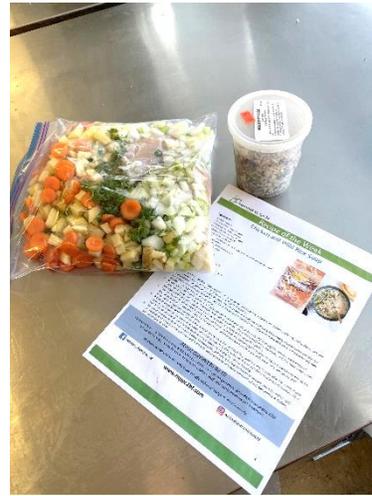


Happenings & Highlights

Meal Prep Monday

Meal Prep Monday was held on Monday, October 28th in the RCHS Culinary Room. Participants prepped a yummy Chicken and Wild Rice Soup recipe to take home and cook that evening or freeze for a later day. To view the recipe, check out our October 21st newsletter on our website.

Our next Meal Prep Monday will be held on Monday, November 18th. Recipe and location to be announced.



Monster Mash

Commit to Be Fit offered a kids' fitness obstacle course during PTO's Monster Mash on Saturday, October 26th. To finish the course, the kids had to complete a variety of challenging and fun movement skills such as balancing (with apples), hopping, crawling, and scooting. At the end of the course, they had the opportunity to pick a duckie prize. Thank you to Rappahannock PTO for hosting such a fun event for the students!!

In the Classroom

This week in the Brain STAR Action Based Learning (ABL) Lab, students have been performing a variety of fun activities designed to fill developmental movement gaps while creating new pathways in the brain to aid in learning. Current stations include alligator crawl on scooter, pattern walking, ladder jumps, boomer boards, whaler boards (pictured), pedaling, cup stacking (pictured), figure 8 walk, tic tac toe throw, and exercise spots. For more information of the benefits of exercise in the classroom, visit our newly updated website.

<https://www.rappc2bf.com/elementary-school>



Tips from the Team



Nutrition Tip of the Week

Happy Halloween! Sweet treats can be enjoyed while still practicing balance and portion control. Have your family fill up on nutritious food first and then enjoy candy. Give your little ones small portions, like fun-size candy, vs. leaving a basket out and letting them eat as much as they want. Enjoy the festivities of the holidays while remembering it's only one day and how you eat every day is more important on overall health.

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

Fitness Tip of the Week

As I mentioned in my tip last week, I am starting a weekly Wellness Motivational Club, Goal-Getters. We will be meeting each Tuesday at 4pm (at the School Board Office) through the end of December. Holidays can be a super tricky time of year to stay the course, but this club is designed to help keep you on track with your goals. All wellness-related goals are relevant and welcome. As a part of our program, I will be creating and giving each participant a custom tracking workbook. Therefore, if possible, please join me for the registration and welcome reception this Tuesday, November 5th so that I can have everything prepared for our first meeting the following week.

So, my fitness tip of the week is to be a Goal-Getter! Is this a shameless plug? Yep! However, if you are serious about achieving a fitness (or wellness) goal, especially over the holidays, there is benefit to weekly check-ins (accountability), feedback, and motivation. I hope you can join us!

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



Healthy Kids Tip of the Week

Setting healthy family goals can be a fun family event. Make it a special event to build excitement and anticipation. This will help them look forward to discussing healthier food choices and physical activity.

- During a family meal, discuss the reason for healthy goals.
- Talk about how doing healthy activities keeps our body feeling great and growing strong.
- Encourage the kids to talk about their ideas about being healthy.
- Set a family date and time when you will have "Healthy Goals" night for the family.

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

Recipe of the Week

Cajun Toasted Pumpkin Seeds

Servings: 4 Prep Time: 20 minutes Cook Time: 60 minutes

Ingredients:

- 1 cup pepitas (pumpkin seeds)
- 1 teaspoon salt to taste
- 1 teaspoon garlic powder to taste, optional
- 1 teaspoon onion powder to taste, optional
- 1 teaspoon seasoned salt to taste
- 1 teaspoon cajun seasoning to taste, optional
- 1 teaspoon seasoning mix your favorite herb/spice mix, optional
- 3 teaspoons olive oil



Directions:

1. Thoroughly rinse the pumpkin seeds, rubbing and using your fingers to remove any pulp.
2. Drain seeds and spread on a cookie sheet to dry overnight.
3. Pre-heat oven to 250 degrees F and line a baking sheet with foil.
4. Add the pumpkin seeds to a small bowl.
5. Toss with the olive oil.
6. Sprinkle with salt, garlic powder and other seasonings to taste and toss to coat.
7. Spread onto the prepared baking sheet.
8. Bake for about 1 hour, tossing every 15 minutes until the seeds turn golden brown.
9. Place the baking sheet on a wire rack and cool completely before consuming.
10. Store in an airtight container for up to 3 months.

Source: Recipe Land

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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Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

In the event that school is cancelled or released early, C2BF classes will not be held. If there is a delayed opening, morning classes will not meet.

Stay Tuned for More Information on the Annual Turkey Trot!



Class Descriptions and Locations

COW (Challenge of the Week)- Calling all competitors! Are you up for a challenge? This 20 minute challenge features different exercises each week such as sprints, push-ups, burpees, squats, etc. Race the clock to see how many rounds you can complete. Be sure to bring a water bottle and towel.

Goal-Getters Meeting- Don't wait till the new year to achieve your wellness goals. Join Holly, Certified Health Coach, along with fellow C2BF participants, for this weekly meeting created to motivate and provide support as you go after your goals. All wellness goals are welcome!

Location: School Board Office Conference Room

Low Impact Aerobics- Increase your heart rate in this low-impact cardio workout.

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

Meal Prep Monday- Join us for a fun meal prep workshop. Bring 1 ingredient to share and leave with a full baggie of food to cook at home. Email Mandi at abutler@rappahannockschools.us to reserve your spot. Recipe & location are tbd.

Meditation & Relaxation- Deepen your connection with yourself through meditation. Learn breath techniques that reduce stress and anxiety while activating the parasympathetic nervous system, which restores the body's innate healing capacity. Mats are provided, but you are welcome to bring your own.

Location- Elementary School Room 28 (or RCES Courtyard weather permitting)

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

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.

Location: High School Room 110 (please use 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.

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

Yoga - Traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation. Mats are provided, but you are welcome to bring your own.

Location- Elementary School Room 28

New to classes? First off, welcome to Commit to Be Fit! All of our classes, workshops, and events are absolutely free! You can drop in to any of the classes without advanced sign-up. However, if you would like for us to meet with you before class, we would be happy to show you to the room and introduce you to the instructor on your first visit. Email Holly Jenkins at hjenkins@rappahannockschools.us for more information.



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www.rappc2bf.com

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