

commit to be fit Weekly Newsletter

Monday, May 18th – Sunday, May 24th

Highlights & Happenings

Step for Heroes- Week 3

We wrapped up our 3rd and final week of Step for Heroes with more shout-outs! Check out our Week 3 heroes below!

Rappahannock County Park & Volunteers Barbara Casimiro- teacher To ALL of the graduating 2020 seniors!! Way to go!!

All first responders

Dr. Ryland Pace, Dr. Shannon Eastham Green, CCLC, Rosa Crocker & team of mask makers

Thank you to the C2BF team for inspiring us with a purpose! Thank you to the Food Bank Team.

retail workers

Tiffany Montague

Teachers including Early Childhood Educators

Stephani Atkins

Give Local Piedmont

Devin Ketchum

Chic-Fil-A employees

thank you, heroes!

RCPS Teachers & Administrators, RCPS School Board, Serendipity Equine & Volunteers, the PATH Foundation

A big thank you to all nurses, doctors, and first responders!

Deliah Sitorius, my niece who's healing from brain cancer

Front line healthcare professionals & essential workers

Ann Renzy Maclean, Teacher & Department Head

WOW!! Over the past three weeks we walked 3025.2 miles or 6,050,400 steps for our heroes. Combined with our Step on Hunger Challenge, we walked a total of 9751.5 miles or 19,503,000 steps since April 1st!!!!

As a reminder, don't forget to report your steps by Monday, May 18th at www.rappc2bf.com/steps for our **Step for Seniors Challenge!**



See page 2 for more info on our challenge and to see the RCHS Class of 2020!



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Announcement

Step for Seniors

Just a reminder, be sure to include the names of the RCHS seniors you are walking for when you report your steps each week. Commit to Be Fit will send **them** a **personalized** card on behalf of the challenge participants to let them know we are walking for them.



Tips from Team

Nutrition Tip of the Week



Being mindful of added sugars is important for all of us...and especially for children as their habits and taste palates are forming. Look on ingredient labels for sugar and other names such as high fructose corn syrup, dextrose, fruit juice concentrates, glucose, sucrose, cane syrup, corn sweetener, etc. Here are some tips to cut back on your child's sweet treats:

- *Use non-food rewards such as more time to play outside or a new toy
- *Offer fruit as a sweet treat first over ice cream, cookies, cake, etc.
- *Serve smaller portions of treats (use smaller bowls or "bite size" products)
- *Sip smart. Skip out on soda, juices, and sweet tea – water is what we need!

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

Fitness Tip of the Week

Did you know that swimming builds endurance, muscle strength, and cardiovascular fitness? In addition, swimming is a full body, low impact workout that helps to improve flexibility, coordination, and has been shown to reduce stress. If swimming isn't already part of your fitness routine, try incorporating a few sessions now that the weather is turning warmer.

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



Healthy Families Tip of the Week



Lace up your walking or running shoes and join C2BF's walking challenge in honoring the Class of 2020. Walking and running can positively impact your health, plus giving your mood a boost. Go to www.rappc2bf.com/steps to get the details of the challenge. Get the family involved and go for a walk in honor of your favorite RCHS graduate!

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

Recipe of the Week

Frozen Yogurt Pops

Servings: 4 popsicles Prep Time: 10 minutes Freeze Time: 4 hours Total Time: 4 hours 10 minutes

Ingredients:

- 1 cup yogurt, plain
- 1 medium banana
- 1 cup mixed berries, frozen
- 1/8 cup honey



Directions:

1. Toss all ingredients into a high-powered blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in the center with popsicle sticks to hold sticks in place. Freeze 4-5 hours or until solid.

Source: 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.



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