



commit to be fit

Weekly Newsletter

Monday, January 14th - Sunday, January 20th

Announcements

And the Winners Are...

Congratulations to our December Challenge winners, **Peyton Raiford** and **Katherine Todd**. Each winner will receive a stress reducing gift basket which will include an essential oil diffuser, coloring book, and a 30 min. massage gift certificate from Massage Therapist, Cindy Wenzel.



Staff Wellness Challenge

Congratulations to **Team Inittowinit** (shown left). They received the most points during the December Challenge. They are also in the overall lead after the first two months. Team Alabama Slammer's are only slightly trailing behind in 2nd place. Congratulations to **Julie Ruth** of Team Inittowinit for earning the highest individual score during December.

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
14 7:15am- Barre	15 4:00pm- Yoga	16 7:30am- Walking Group	17 2:30pm- Chair Yoga*	18 7:15am- RIP30 (video)
4:00pm- Kick It!	4:00pm- RIP30 (video)	5:30pm- STEP	4:00pm- Yoga	
5:30pm- STEP	5:30pm- Low Impact Aerobics		5:30pm- Low Impact Aerobics	

*Chair Yoga requires advanced registration. Email Miranda at 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.

Happenings & Highlights

IAFOR International Conference on Education

Commit to Be Fit was honored to be invited as speakers at the International Academic Forum (IAFOR) Conference on Education 2019 on January 5th in Honolulu, Hawaii. Wellness Integration Specialist, Holly Jenkins presented “Commit to Bit Fit: A Three-Pronged Approach to Creating a Culture of Wellness” on behalf of fellow teammates, Jackie Tederick and Amanda Butler. During the presentation, Holly presented program initiatives in each of the 3Cs: cafeteria, classroom, and community. In addition, she shared budget friendly strategies for easy replication in classrooms around the globe.



According to Jenkins, “it was an amazing opportunity to share our successes and hopefully help other schools to further enhance their own wellness promotion programs. I was fortunate to meet with many educators from countries all over the world and learn about their practices as well. It really was a wonderful experience.”

C2BF 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.

New Semester

Jackie Tederick and Amanda Butler kicked off the 4th semester of their Nutrition and Personal Fitness elective class at the High School this week. The course focuses on the importance of physical activity and nutrition to overall wellbeing and builds the skills and knowledge for students to lead healthy lives. Students strengthen their cardiovascular systems, muscular structure, and overall agility through weight-training and plyometrics while also learning about nutrients and how they are digested and metabolized in our bodies. Applicable skills are individualized when students create their own goals, workout plan, and budget-friendly meal plan. A new component of the class will include more health outreach in the community - stay tuned for more details! Check out the photos below of the students in the neuronasium.



Tips from the Team



Nutrition Tip of the Week

Plan ahead to snack smart! Nutrient-rich foods can boost energy and provide essential vitamins and minerals in between meals. Some healthy snacks are apple slices and peanut butter, veggies and hummus, almonds, and yogurt, pretzels. Remember to be mindful of portions and snack when you're actually hungry versus bored or stressed.

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

Fitness Tip of the Week

Happy New Year! During our goal setting workshop last Wednesday, we talked about the importance of writing down our goals and the steps we will take to achieve them. When writing down your action steps, be specific as possible. Even if you put “going to the gym”, write out exactly what you will do at the gym. Having a specific plan in place will better help you achieve your goals.

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



Healthy Kids Tip of the Week

Healthy New Year's Resolutions for Children & Teens – The start of a new year is a great time to help your children focus on forming good habits. Here are some great ideas!

Kids 5-12 years old

- I will drink milk and water on most days. Soda and fruit drinks are only for special times.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will tell an adult about bullying that I see or hear about, to do what I can to help keep the school safe for everyone.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise that I'll do my best to follow our household rules for video games and internet use.

Kids 13 years old and older

- I will try to eat two servings of fruit and two servings of vegetables every day. I will drink sodas only at special times.
- I will do my best to take care of my body through fun physical activity and eating the right types and amounts of foods.
- When I have some downtime for media, I will try to choose educational, high-quality non-violent TV shows and video games that I enjoy.
- When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal, or talking about my problem with a parent or friend.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

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



Recipe of the Week

Fresh Cucumber Roll-ups

Ingredients

- 4 ounce- cream cheese
- 1 medium- cucumber
- ½ medium- bell pepper, yellow
- ½ cup strips or slices- carrot



Directions

1. Soften cream cheese to room temperature and mix with a spoon to soften.
2. Wash and dry your cucumber. Using a vegetable peeler, slice into really thin strips (thinner cucumbers work best).
3. Cut bell pepper into matchstick pieces. I used a quarter each of red pepper and yellow, but you could just use one or the other if it's easier.
4. Spread a thin layer of cream cheese down each cucumber slice. On one end, place a handful of carrots and bell pepper, along with fresh herbs if desired (optional).
5. Roll up and serve!

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.