



# commit to be fit

Weekly Newsletter

Monday, November 5<sup>th</sup> - Sunday, November 11<sup>th</sup>

## Announcements

### Want a Race T-shirt?

The deadline to order a race tee is November 9<sup>th</sup>!

Race t-shirts are available for purchase through a third party vendor. Adult and youth sizes are available. Pre-ordered shirts will be available for pick-up at the Turkey Trot. We will not be selling t-shirts on race day. To order your shirt, visit our website and click on the t-shirt link on our Turkey Trot page.

*T-shirts are optional. Money is paid directly to shirt vendor.*



### This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
5 7:15am- <b>Barre</b>  4:00pm- <b>Kick It!</b>  5:30pm- <b>STEP</b>	6 4:00pm- <b>Yoga</b>  4:00pm- <b>RIP30</b> (live)  5:30pm- <b>Low Impact Aerobics</b>	7 7:30am- <b>Walking Group</b>  4:00pm- <b>Wellness Wednesday</b>	8 4:00pm- <b>Cardio Bootcamp</b>  4:00pm- <b>Yoga</b>  5:30pm- <b>Low Impact Aerobics</b>	9 No Activities- C2BF is at a conference

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## Announcements (continued)



*free*

**Turkey Trot Family Fun Run 2018**

**Saturday, November 17<sup>th</sup>**

**Location: RCHS Track**

**Register Online at [www.rappc2bf.com](http://www.rappc2bf.com)**



*Costumes from Turkey Trot 2017*

### **Schedule of Events**

**Kids' ½ Mile- 9:00am**

**Mile Run (All Age Groups) & Kids' Activities- 9:30am**

**Thanksgiving Themed Costume Contest  
(Adults, Teens, & Kids)- 10:00am**

**Kids' activities will be announced shortly.**

## Happenings & Highlights

### In the Classroom

#### 1<sup>st</sup> Wellness Champion Announced

Commit to Be Fit is excited to award our first Wellness Champion of the Month, Jennifer Deal. Ms. Deal will receive a \$20 Walmart gift card. Each month C2BF will recognize a teacher that has promoted wellness in the classroom. During the month of Oct., Ms. Deal hosted 2 movement integration lessons and a nutrition lesson led by the C2BF team. In addition, she has continued many of the movement based activities to help the 1<sup>st</sup> grade students master addition in her math class. Awesome job, Ms. Deal!



#### Professional Development Day

RCPS staff members had the opportunity to attend a Neuronasium and Active Learning workshop led by the C2BF Team during the Professional Development Day on Nov. 2<sup>nd</sup>. Participating staff learned about the brain/body connection and the benefits of integrating movement and curriculum. Topics such as brain breaks, kinesthetic corners, and movement integration were discussed. Congratulations to Matt Hummill, the winner of our under desk pedal cycle giveaway.

#### Staff Challenge Teams Announced

The RCPS Staff Wellness Challenge teams were announced at the Professional Development Day on Nov. 2<sup>nd</sup>. Good luck to all of this year's competitors.

The logo for the Staff Wellness Challenge. The word "STAFF" is in large blue letters, "Wellness" is in green letters, and "Challenge" is in blue letters.

## Tips from the Team



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

### Nutrition Tip of the Week

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Aim to eat “real” wholesome foods. So what does that mean? Aim to eat more foods in their natural state or as close as the earth as you can and less processed foods. Processed foods tend to be much higher in calories, added sugars, sodium, and contain ingredients you have probably never heard of before. Preparing food at home and choosing foods with 5 or less ingredients can help. This isn’t always easy. Set a realistic goal this week to decrease processed foods and add more fresh foods into your diet.



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

### Fitness Tip of the Week

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Improve your flexibility by stretching! Why is this important? First off, it will increase your range of motion which will lead to improvement in fitness performance and prevent injuries in daily life activities. Plus, it will help to improve your posture, increase blood flow to your muscles, reduce muscle soreness, and can help to calm your mind. Be sure to always stretch when your muscles are warm, ideally after a workout.



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

### Healthy Kids Tip of the Week

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Tips to encourage your child to eat vegetables.

1. Set a good example by eating vegetables with your child.
2. Keep trying with vegetables.
3. Use praise when your child tries vegetables.
4. Get your child involved in cooking with vegetables.
5. Offer vegetables as snacks.
6. Go for a variety, taste, and fun.
7. Find creative ways to incorporate vegetables into meals.

## Recipe of the Week

### DIY Protein Box

#### Ingredients

- 8 eggs hardboiled and peeled
- 2 cups of grapes washed
- 2 large apples washed and sliced
- 4 reduced fat Mini Babybel cheeses
- Peanut Butter portioned into 2 ounce containers
- 2 multi-grain flatbread sandwich thins cut in quarters
- fresh lemon juice optional
- kosher salt and freshly ground pepper



#### Directions

1. Brush apple slices lightly with fresh lemon juice to prevent browning if desired. Alternatively, keep the slices face down and pressed together prevent browning as well.
2. Sprinkle eggs with salt and pepper to taste.
3. Assemble protein bistro boxes and store refrigerated.

### 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.  
For more information, contact Holly Jenkins at [hjenkins@rappahannockschoools.us](mailto:hjenkins@rappahannockschoools.us)*