

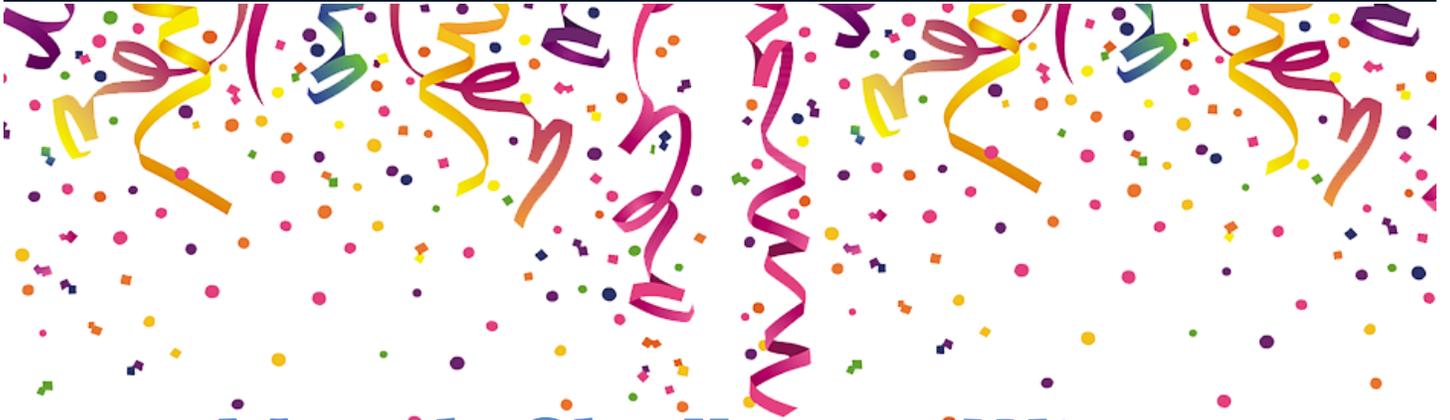


Commit to Be Fit

Weekly Newsletter

Monday, April 9th – Sunday, April 15th

Announcements



6 Month Challenge Winners

Congratulations to our 6 Month Challenge Winners, Amy Grady and Bailey Bennett!

Amy won the overall points challenge with an impressive 24,880 points earned. Bailey won the check-in challenge based on the awesome changes she made in her body composition. Join us in congratulating them both for their hard work over the last 6 months! Amy and Bailey will each receive a \$100 VISA gift card.

C2BF *Spring*
CHALLENGE

Spring Challenge Starts Monday

Thank you to everyone that submitted feedback on a spring challenge. We created a fun points/activity challenge, based on your input. **This challenge kicks off on Monday, April 9th.** Keep track of all of your points and submit by email on Thursday, June 21st. All the details and a points log are available on our website www.rappc2bf.com/announcements.



Weekly Activity Schedule

Monday, April 9th-

Step- 4pm

RCHS Room 110

Step- 5:30pm

RCHS Room 110

Tuesday, April 10th-

RIP 30- 4pm

RCHS Room 110

Yoga- 4pm

RCES Room 28

Wednesday, April 11th-

Walking Group- 7:30am

RCES

Step- 5:30pm

RCHS Room 110

Ballet Toning- 6:15pm

RCHS Room 110



RIP 30

Thursday, April 12th-

Yoga- 4pm

RCES Room 28

Friday, April 13th-

RIP 30- 7:15am

RCHS Room 110

Saturday, April 14th-

Fit Fun Circuit- 9am

RCHS Room 110



Ballet Toning

Upcoming Events:

April 21st- Fodderstack 10K <http://www.fodderstack10k.com/>

April 28th- RCCHS Color Run 5K www.rappc2bf.com/announcements

TIPS *From the Team*



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

Nutrition Tip of the Week

This month's theme is Rev Your Bev to encourage us to rev up our beverages in healthy, flavorful ways. Water is the body's most important nutrient- 2/3rds of our bodies are composed of water. Water has many essential functions, including helping us digest and absorb our nutrients from food. Aim to consume half your body weight in ounces of water each day. Check out this week's featured recipe infusing water with blueberries and oranges!



Fitness Tip Submitted by
Holly Jenkins, CPT
Wellness Integration Specialist

Fitness Tip of the Week

Let's talk about strength training. Lifting weights works wonders for your body. In addition to building muscle, strength training increases your bone density, helps boost your metabolism, reduces risk of injury, and increases the strength of connective tissue and tendons. Aim to complete two strength training workouts per week being mindful to focus on all major muscle groups. New to strength training? Join us for a RIP 30 class on Tuesday at 4pm or Fridays at 7:15am.



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

Healthy Kids Tip of the Week

What Motivates Kids to be Active?

So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

1. **Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.
2. **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.
3. **Keeping the focus on fun:** Kids won't do something they don't enjoy.

<https://kidshealth.org/en/parents/active-kids.html?WT.ac=ctg>

Recipe of the Week

Blueberry Orange Water

Ingredients

- 6 cups water
- 2 mandarin oranges (cut into wedges)
- A handful of blueberries
- Ice



Directions

1. Combine all ingredients in a pitcher and put in the fridge for 2-24 hours to allow the water to infuse.
2. You can also squeeze in the juice of one mandarin orange and muddle the blueberries to intensify flavor a bit.
3. Serve cold.

