



commit to be fit

Weekly Newsletter

Monday, September 9th - Sunday, September 15th

Announcements

Class Spotlight Debuts

For the next several weeks we will be spotlighting a different “**Featured Class of the Week.**” Check it out each week to learn more about our weekly classes and our awesome instructors. This week we are featuring our newest class to join our C2BF line-up, **Meditation & Relaxation** (pg.2).

TAKE 5 CHALLENGE- To add to the excitement, we will be holding a drawing for a **\$25 Dick’s Sporting Goods Gift Card** once our spotlight series has ended. To enter the drawing, attend 5 of our featured classes (once during the week it is featured). For example, take Meditation this week (since its featured) and that counts as one. Take one Yoga class next week (when it’s featured) and that counts as your second one. Once you have taken 5 different featured classes, email us and we will add your name to the drawing.



This Week’s Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	9 7:30am- Walking Group ●	10 7:30am- Balance ◇	11 7:30am- Walking Group ●	12
Afternoon	4:00pm- Yoga ● 4:00pm- cow	4:00pm- RIP30 (live) ◇ 4:30pm- Walk/Run ◇	4:00pm- Meditation & Relaxation ●	4:00pm- Yoga ● 4:00pm- RIP30 (live) ◇ 4:30pm- Walk/Run ◇
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

In this Issue

Announcements- Page 1

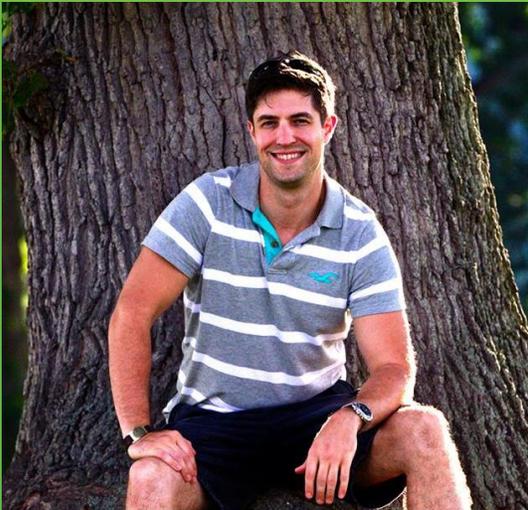
Featured Class of the Week- Page 2

Tips - Page 3

Featured Recipe- Page 4

Featured Class of the Week

Spotlight on... Meditation & Relaxation



Meet Rich

Rich has been practicing therapeutic massage professionally since 2009. As a former Anatomy & Physiology instructor at Shenandoah Valley School of Therapeutic Massage, he brings a depth of knowledge, insight, and experience to his heart-based and caring practice. Rich is now the lead massage therapist and spa manager at The Seasons Spa at Mimslyn Inn Hotel in Luray, VA and has a private office at Mountainside Physical Therapy in Washington, Va.

Rich has been guided to research and understand the deeper spiritual dimension of the human body and its connection to our world. He's been studying and practicing various forms of energy healing since 2012, and carries proficiency certification in Integrative Energetic Medicine from The White Winds Institute in Winchester, VA and has studied Quantum Touch and Healing Touch.

Instructor Q&A with Rich Sitorius

In your own words, how would you describe your class?

Meditation will help to calm the mind, and relax the body, easing muscle tension and often may relieve pain. To begin, we usually stretch gently to relax the body and then during the meditation we will be lying on our backs, so please be aware if you have a condition which prevents this. Alternate positions are available such as sitting in a chair.

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

Please dress comfortably and if desired, bring a water bottle. Yoga mats will be provided but feel free to bring your own if you wish.

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

The class will facilitate the ability to connect with your body, which can be useful to disengage from the sometimes overwhelming "chatter" of the mind (this mental activity often keeps us distracted by dwelling on a previous unpleasant circumstance or worrying about something that hasn't yet occurred). Additionally, connecting with the body can open up a sense of grounded and calm stability in our lives. From this place it can become easier to take control of the day to day tasks- organizing our lives, sleeping more deeply, being more present to ourselves, our needs as well as our families, friends, and coworkers.

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

Providing attendees with powerful and practical tools to empower their lives.

Share something about yourself. What would you like participants to know about you?

I have a passion for learning and self-development. I bring a heartfelt presence to my work and see self care as a crucial component in everyone's life which can help us live more joyfully and free to pursue the relationships and activities that bring us fulfillment.



Above- Rich introducing somatic meditation prior to the start of class.

What C2BF Participants Are Saying...

“Meditation class was not at all what I thought it would be! The focus is on taking the time needed to care for yourself, and the class provides useful tips to help distress during the work week. This class is a great supplement to your regular exercise routine!!”

“I attended for the first time last week and it was terrific. Rich is an excellent leader. Easy-going, knows his stuff, super relaxing experience overall!”

“Following this class, I experienced a sense of relaxation that I usually only feel after a massage. Highly recommend others try this class.”

Tips from the Team

Nutrition Tip of the Week



Eating healthy doesn't have to break the bank. Foods like apples, bananas, carrots, eggs, beans, broccoli, yogurt, and brown rice all **cost less than a \$1.00 per serving**. Here are 4 quick tips to save money while eating healthy:

- PLAN. Planning out your family's meals for the week can help you stick to healthy meals and helps you buy only what you need. Planning ahead also prevents waste and buying out as much.
- Check the unit price. The grocery stores already do the conversion for you so it is a quick comparison to see whether the smaller or larger unit will be most cost effective. Most the time, bulk will be cheaper!
- Alternate with buying fresh and frozen. Buying frozen fruits and veggies can cost less money and they can be stored for longer periods of time.
- Buy store brands, check specials, and use coupons/customer loyalty cards.

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

Fitness Tip of the Week

When it comes to fitness, there are not any easy shortcuts or any magic pills. You either engage in structured physical activity or you don't. While this may seem straight-to-the point, it's true. Yet, despite all of the well-researched benefits of an active lifestyle, many people have a difficult time beginning a new fitness routine. Even more so, we often have a hard time sticking to one as well. The trick is to find a balance between the fitness activities that you enjoy and ones that slightly challenge you. Variety in activities is also key. Not only does cross training enhance functional fitness and help to reduce injuries, but it helps to promote longevity of a fitness routine. It's like eating spinach. We all know that spinach is good for our bodies. But if you ate spinach 5-6 times a week, chances are you would grow tired of it and want to stop eating it all together. And while spinach is a great source of vitamins and minerals such as calcium and vitamins A and C, it's still recommended that you rotate your vegetable intake to ensure that you have proper balance in your diet. The same applies to fitness. Find balance within your fitness routine. Incorporate a mix of cardiovascular, strength training, and flexibility training throughout the week. Your body and brain will thank you for the variety!

Check it out-- For the next several newsletters, we will be running a special series which features a different fitness class from our weekly line-up in order to provide you with a better understanding of each of the free classes that are available to you. Be sure to check out the TAKE 5 Challenge too!

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



Healthy Kids Tip of the Week

As we embark on a new school year, our children's stress level increases. Practice mindfulness by bringing attention to the present moment. Informally, one simple way is taking in deep breaths and bring your attention to each breath.

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



Recipe of the Week

Tuna Salad with Roasted Veggies

Servings: 2

Ingredients:

- 1 cup green beans, trimmed
- 2 cups baby potato, halved
- 1 lemon, sliced
- 1 tablespoon olive oil, divided
- ½ teaspoon salt, plus more to taste
- ½ teaspoon pepper, plus more to taste
- ½ teaspoon paprika
- 1 tablespoon fresh rosemary, minced
- 1 tablespoon fresh thyme, minced
- 3 cloves garlic, minced
- 1 red bell pepper, halved and seeded
- mixed greens salad
- hard-boiled egg, optional
- 2 tablespoons balsamic vinaigrette, optional

TUNA SALAD

- 10 oz tuna, canned, drained
- 1 stalk celery, diced
- ¼ cup greek yogurt
- salt, to taste



Directions:

- Preheat the oven to 375°F (190°C).
- On a baking sheet lined with parchment paper, add the green beans, potatoes, and lemon.
- Drizzle the vegetables with 2 teaspoons of olive oil and season with salt, pepper, paprika, rosemary, thyme, and garlic. Mix until evenly coated.
- Add the bell pepper halves to the center of the baking sheet and drizzle with the remaining teaspoon of olive oil, ½ teaspoon of salt, and ½ teaspoon of pepper.
- Roast for 20 minutes until vegetables are golden brown. Let cool.
- Make the tuna salad: combine the tuna, celery, Greek yogurt, salt, pepper, and parsley in a medium bowl.
- Add a large handful of greens to 2 bowls. Divide the roasted vegetables and bell pepper halves between the bowls. Add a hard-boiled egg, if desired. Scoop the tuna salad into the bell peppers.
- Serve with a balsamic vinaigrette, if desired.

Source: Tasty

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.