



commit to be fit

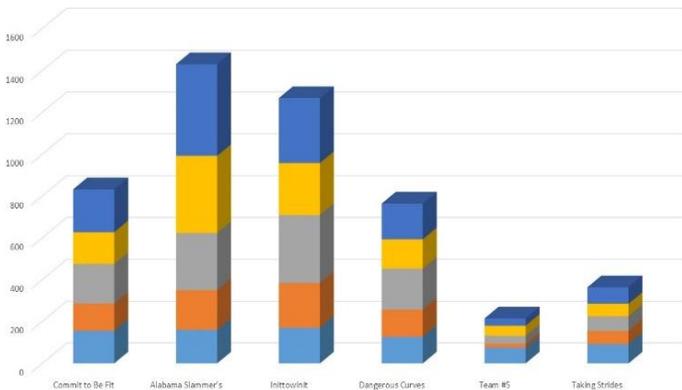
Weekly Newsletter

Monday, April 8th - Sunday, April 14th

Announcements

March Challenge Winner

Congratulations to the winner of our March Challenge Points Drawing, **Ben Temple**. Ben won the drawing for the air fryer! Thank you to every one who competed in last month's "Go For Green" Challenge.



Staff Wellness Challenge

Team Alabama Slammer's is still in the lead for the 2nd month in a row. With April being our final month of the staff wellness challenge, it's a sprint to the finish line between Team Alabama Slammer's and Team Inittowinit. Who will win?? Stay tuned till next month.

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8 7:15am- TRX Circuit	9 4:00pm- <i>Yoga</i>	10 7:30am- <i>Walking Group</i>	11 2:30pm- <i>Chair Yoga*</i>	12 7:15am- RIP30 (video)
4:00pm- Kick It!	4:00pm- COW		4:00pm- <i>Yoga</i>	
5:30pm- STEP	5:30pm- Low Impact Aerobics	5:30pm- STEP	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.

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April Challenge Clarification- The April Challenge sheet states that you receive 10 points for posting a pic of you and a buddy working out together. **This is limited to only 10 points max for the month.** However, feel free to post more for fun!

Happenings & Highlights

Twice the Fun!

Commit to Be Fit hosted a Drums Alive Kids Beats Class provided by Sharon Gregory of Ignite Fitness, LLC, not once, but TWICE in the last few days! On Friday, March 29th, kids and adults were drumming and dancing to upbeat tunes during this cardio-based family event. One 1st grader enthusiastically exclaimed, "*I'm having so much fun!*"

Ignite Fitness, LLC, returned on April 3rd during the C2BF Kids Event which coincided with the RCPS School Safety Summit. While adults and students (grades 6-12) attended safety related workshops, the younger students participated in fun fitness-related activities hosted by Commit to Be Fit. The main event was presented once again by Ignite Fitness, LLC. The students enjoyed this brain and body workout!



Happenings & Highlights



In the High School

Commit to Be Fit offered a fun fitness workshop for RCHS students on April 1st. The workshop began with students playing a fun fitness game that incorporated short exercises while identifying their favorite types of fitness related activities with their peers. In addition, they brainstormed as many types of physical activities that they could think of during a timed, competitive A-Z fitness game. Finally, the students created posters identifying a variety of fitness activities that can be done during different stages of their lifespan.

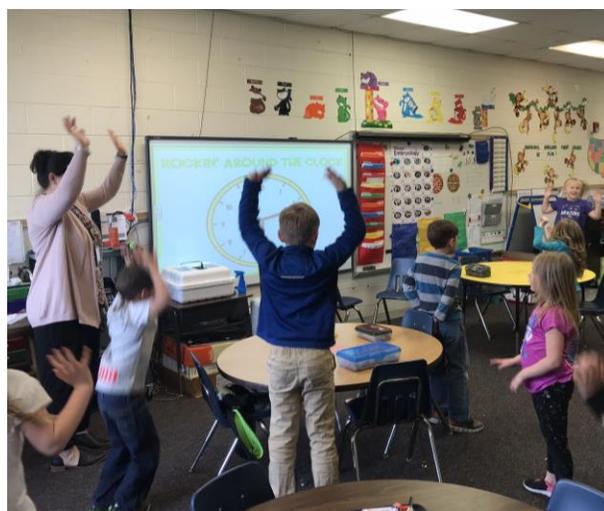


According to Wellness Integration Specialist, Holly Jenkins, *“Often times when students think of fitness, they immediately think of sports or weight lifting in the gym. Our purpose in this workshop was to encourage students to brainstorm different movement based activities that can be done beyond high school. It was a reminder that fitness isn’t only for the high school athletes or young adults. Rather it is a healthy behavior that they can benefit from for the rest of their lives.”*

According to one 10th grade student, the workshop was beneficial. *“We learned what different age groups do to keep in shape. We had to think about what we can do when we get older.”* An additional 10th grader chimed in, *“It was fun!”*

In the Elementary School

Mrs. Deal’s 1st graders “Rocked Around the Clock” on Thursday with a fun math lesson led by Wellness Integration Coordinator, Jackie Tederick. The students practiced telling time to the hour and half-hour using an analog clock. The 1st graders were engaged with active learning while “Freeze Dancing” to the music. They were both moving and learning while having fun!



Tips from the Team



Nutrition Tip of the Week

Food is the important fuel for our bodies. It's also important to keep that food **safe** and prevent foodborne illnesses.

1. **CLEAN**- clean hands with soap and water; rinse fruits and vegetables; sanitize surfaces and cooking appliances; clean out the refrigerator of old food
2. **SEPARATE**- separate foods when shopping, storing, and especially preparing. Use different knives and cutting boards for fruits/vegetables and raw meats
3. **COOK**- Use a food thermometer to ensure foods are being safely cooked. Raw beef/ pork/ lamb/ roasts should reach an internal temperature of 145° F. *Ground* beef/pork/lamb should reach an internal temp of 160 degrees F. Poultry should reach an internal temp of 165 degrees F.
4. **CHILL**- Keep cold foods at or below 40 degrees F and hot foods at or above 140 degrees F. Avoid keeping food in the danger zone for more than two hours.

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

Fitness Tip of the Week

Now that the weather is warming up, start hitting those hiking trails. We have so many beautiful options in this area. When hiking, be sure to wear appropriate shoes. Hiking/ trail shoes are best, but if you are hiking on dry, earth-packed terrain running shoes could work. Be sure to bring water and a snack, especially if it's a longer hike. Finally, always tell someone exactly where you are going since cell phone service may not be reliable.

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



Healthy Kids Tip of the Week

Spring into fitness with the family! Ditch the snowsuits for shorts and t-shirts. Welcome spring and explore the woods or go for a walk. Get the family moving together and establish some healthy habits.

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



Recipe of the Week

Summer Veggie Sausage Skillet

Ingredients:

- 4 medium potato, red
- 1 medium onion
- 1 medium bell pepper, red
- 2 clove garlic
- 3 tablespoon olive oil
- 1 pound chicken apple sausage
- 1 medium zucchini
- 1 cup diced mushrooms, portabella
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper, ground
- 2 tablespoon parsley, fresh



Directions:

1. Rinse and cut each potato into 8-12 pieces (smaller pieces are great for small children). Dice onion and pepper. Mince garlic. Place aside, separately.
2. Add 2 tablespoons olive oil to a large skillet over medium. Once hot (You can check by adding a few small drops of water to skillet. If it sizzles and pops, the skillet is hot), add potatoes, pepper and onion. Saute for 6-7 minutes, allowing potato to soften.
3. Meanwhile, cut zucchini into 1/2 inch thick rounds and then into half moons. Slice mushrooms. Add zucchini, mushrooms, and garlic to skillet. Stir to combine, cover, and continue to cook for 2-3 minutes. Stir halfway through cook time.
4. Pour into a bowl, cover, and set aside.
5. Add remaining olive oil to skillet and heat over medium. Slice sausage into thin rounds; 1/2 inch thick. Add to hot skillet and cook for 5-6 minutes. When done, sausage should no longer be pink. 6. Add veggies back to skillet, season with salt, pepper, and fresh parsley. Stir together and heat through; 2- 3 minutes. Serve with fruit.

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.