



commit to be fit

Weekly Newsletter

Monday, May 13th - Sunday, May 19th

Announcements

April Challenge Winners

Join us in congratulating our April "Spring Into Fitness" winners, **Jen Benhoff** and **Darlene Mathieson**. They will each receive a \$50 gift card to Dick's Sporting Goods.



C2BF Survey

Please take a moment to complete our 6 question, anonymous survey. We are seeking input to provide to the PATH Foundation during our end of year report. In addition, your feedback will help us plan for next year. The survey link can be found on the homepage of our website. www.rappc2bf.com

Meal Prep

Join us on Wednesday, May 22nd for Wellness Wednesday Meal Prep! We'll be packing "create your own" freezer smoothie bags to enjoy over the summer. Email Mandi at abutler@rappahannockschools.us by Friday, May 17th with what fruit(s) or vegetable you can bring out of: strawberries, blueberries, bananas, raspberries, kiwi, peaches, spinach, pineapple, kale, apples, etc.



This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
13 4:00pm- Kick It! EXPRESS (30 min.) 5:30pm- STEP	14 4:00pm- Yoga 4:00pm- COW 5:30pm- Low Impact Aerobics	15 7:30am- Walking Group 5:30pm- STEP	16 2:30pm- Chair Yoga* 4:00pm- Yoga 5:30pm- Low Impact Aerobics	17 7:15am- RIP30 (video)

*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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Happenings & Highlights

Local Foods in the Cafeteria



A goal of ours is to ensure all students have access to nutritious foods and to source those fresh foods locally when possible to support our community. In April, local spinach from Waterpenny Farm (Rappahannock County) was available at both schools on the salad bar. In May, local strawberries from Messick's Farm Market (Fauquier County) were served in both schools. When students and staff come back in August, we'll celebrate the start of a new school year with a watermelon welcome!



Staff Wellness Challenge and the WINNERS ARE...

Join us in congratulating our winning team, **Alabama Slammers**: **Ben Temple (Captain), Tammy Racer, Colton Ball, Erika Parkinson, Natasha White, and Tim Stockdale!** It was a close, exciting race to the finish. Team Inittowinit made a strong attempt to reclaim first place, but finished up in 2nd place just behind Team Alabama Slammers in this six month wellness challenge.



Team Alabama Slammers



Pictured left, our 2nd place winners- Team Inittowinit: Jimmy Swindler, Amy Grady (Captain), Jen Benhoff, Julie Ruth, Jessica Kelly, Mike Myers

Since it was such a close race for 1st, we felt that they deserved some recognition too.

Tips from the Team

Nutrition Tip of the Week



Strategies to eat more vegetables throughout the day:

- Sneak veggies in where you can! Add extra veggies into an omelet, sandwich, salad, pasta, etc. For example top your pizza with vegetables like bell peppers, mushrooms, and spinach
- Swap out crunchy veggies (like carrots and celery) for chips/crackers
- Pre-slice veggies so they are ready to be used
- Have frozen or canned vegetables on hand for busy nights

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

Fitness Tip of the Week

If you have ever attended RIP30 class with me, you have probably heard me say that *“it’s the reps we don’t want to do that makes us stronger.”* And yes, if you come regularly, you are probably sick of hearing me say it. But there is truth to it. If you finish up your sets and you feel that you could have lifted more, it’s time to either increase the reps (number of times you lift in a set) or increase the weight you are lifting. Our body changes when we challenge it. Just be mindful to progress in small increments to avoid injury.

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



Healthy Kids Tip of the Week

As we embark on spring clean-up and the gardening season, involve the kids in yard work and other active chores such as raking, weeding, and planting.

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



Recipe of the Week

Avocado Tuna Cakes

Yield: 6 Cakes

Ingredients:

- 1 medium ripe avocado — peeled and pitted
- 2 cans White Albacore Tuna in Water — (5 ounce cans), drained
- 1/4 cup seasoned whole wheat bread crumbs
- 1/4 cup finely chopped red onion
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoon freshly squeezed lime juice
- 1 teaspoon hot sauce — plus additional to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1 large egg



Optional, For Serving: Whole wheat hamburger buns — toasted whole wheat bread, or a bed of mixed greens
Sliced avocado — cheese, plain Greek yogurt or sour cream, cilantro, salsa

Directions:

1. Preheat the oven to 400 degrees F. Lightly coat a baking sheet with cooking spray.
2. In a large mixing bowl, lightly mash the avocado. Add the tuna, bread crumbs, red onion, cilantro, lime juice, hot sauce, garlic powder, salt, and egg. Mix until the ingredients are fairly well combined. (It's ok if the mixture is a little clumpy.)
3. Form into 6 patties, then arrange the patties on the prepared baking sheet. Bake for 10 minutes, flip, then continue baking until the outsides are lightly crisp and the cakes are cooked through, about 10 additional minutes. Enjoy warm.

Source: Well Plated by Erin

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.