commit to be fit

Weekly Newsletter

Monday, March 4th - Sunday, March 10th

Announcements

Happy March

It's a brand new month. That means we have a brand new challenge and monthly class schedule! Check out pages 3-6 to view all of the details.

Time to Submit Logs

February Challenge logs are due on **Monday, March 4th**. Email to Holly at hjenkins@rappahannockschools.us or give to a C2BF team member. If you are competing in the RCPS Staff Wellness Challenge, please be sure to give your points to your team captain as well.

This Week's Activities

Monday	Tuesday	Wednesday	Thursday	Friday
4 4:00pm- **Kick It!** 5:30pm- STEP	5 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 5:30pm- **Low Impact Aerobics**	6 7:30am- Walking Group 4:00pm- **Wellness Wednesday** 5:30pm- STEP	7 2:30pm- Chair Yoga* 4:00pm- *Yoga* 5:30pm- **Low Impact Aerobics**	8 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.

In the Issue

Announcements- pages 1&2 *Happenings & Highlights- page 2* *March Challenge- pages 3&4*
March Schedule- pages 5&6 *Tips from the Team- page 7* *Recipe of the Week- page 8*

Announcements (continued)

Wellness Wednesday

Join Amanda for **Eating Healthy on a Budget** workshop on Wednesday, March 6th. Learn helpful tips and possibly win a grocery gift card!

Happenings & Highlights

Ben Temple and Tammy Racer team up for RIP30!

Record setting Wednesday morning Walking Group!

Sight word review in the ABL!

Stuffed Peppers Meal Prep in Wellness Wednesday!

James Sharpe wins the teacher gift card drawing!

commit to be fit

C2BF March Challenge

How It Works: Keep track of how many points you earn per day on the log provided. Turn in completed log by Wednesday, April 3rd. If you have earned at least 80 points, you will be entered into a prize drawing. If you reach 100 points, your name will be entered into the drawing twice.

Our lucky March winner will receive an air fryer!!

Activity	Points
Bring a buddy to a C2BF class *(must be a new participant)*	20 points per new participant
Complete a minimum of 30 minutes of physical activity	1 point per 30 minutes done per day (ex. 60 min. = 2 points)
Take 10 minutes to relax	1 point per day
Eat fruits and vegetables	1 point for ***every*** serving (1 cup) of fruits & vegetables consumed (ex. 5 servings in a day = 5 points for that day) **AND 2 POINTS for every serving of GREEN fruits and veggies!!**
Hydration (drink the recommended 8- 8oz. servings/64 ounces of water)	1 point *per* day
Sleep 7 hours (or more) per night	1 point *per* day
Attend a C2BF class or Wellness Wednesday *(being with your fellow C2BF participants will serve as helpful support and motivation, regardless of the wellness challenge)*	5 points per class

Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

commit to be fit

March Challenge Log

	Did you bring a buddy to a C2BF class? (20 points per new participant)	Did you exercise for a minimum of 30 minutes? (1 point per 30 mins. per day)	Did you take 10 minutes to relax? (1 point per day)	Did you eat fruits and veggies? (1 point per serving) **2 points per serving for GREENS!**	Did you sleep 7 or more hours? *(1 point per day max)*	Did you drink 8- 8 glasses (or 64 oz.) of water? (1 point per day max)	Did you attend a C2BF class? *(5 points per class)*	**Total points per day**
3/1								
3/2								
3/3								
3/4								
3/5								
3/6								
3/7								
3/8								
3/9								
3/10								
3/11								
3/12								
3/13								
3/14								
3/15								
3/16								
3/17								
3/18								
3/19								
3/20								
3/21								
3/22								
3/23								
3/24								
3/25								
3/26								
3/27								
3/28								
3/29								
3/30								
3/31								
								Total Points:

NAME:_____ **TOTAL POINTS:**_____

commit to be fit

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:15am- **RIP30** (video)	2
4 4:00pm- **Kick It!** 5:30pm- STEP	5 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 5:30pm- **Low Impact Aerobics**	6 7:30am- Walking Group 4:00pm- **Wellness Wednesday** 5:30pm- STEP	7 2:30pm- Chair Yoga* 4:00pm- *Yoga* 5:30pm- **Low Impact Aerobics**	8 7:15am- **RIP30** (video)	9
11 7:15am- Barre 4:00pm- **Kick It!**	12 4:00pm- *Yoga* 4:00pm- **RIP30** (video) 5:30pm- **Low Impact Aerobics**	13 7:30am- Walking Group 5:30pm- STEP	14 2:30pm- Chair Yoga* 4:00pm-*Yoga* 5:30pm- **Low Impact Aerobics**	15 7:15am- **RIP30** (video)	16
18 7:15am- Barre 4:00pm- **Kick It!** 5:30pm- STEP	19 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 5:30pm- **Low Impact Aerobics**	20 7:30am- Walking Group 5:30pm- STEP	21 No Activities- Early Release	22 7:15am- **RIP30** (video)	23
25 7:15am- Barre 4:00pm- **Kick It!** 5:30pm- STEP	26 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 5:30pm- **Low Impact Aerobics**	27 7:30am- Walking Group 4:00pm- **Wellness Wednesday** 5:30pm- STEP	28 2:30pm- Chair Yoga* 4:00pm-*Yoga* 5:30pm- **Low Impact Aerobics**	29 7:15am- **RIP30** (video) 7:00pm- **Kids Event- Drums Alive**	30 31

**Preregistration is required for Chair Yoga. See class descriptions for more details.*

commit to be fit

Class Descriptions and Locations

Barre~ Lengthen and strengthen your body with small, ballet inspired movements.

Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

Chair Yoga- Participants perform postures and breathing exercises with the aid of a chair in this gentle form of Yoga. Experience the benefits of yoga without having to get up or down from the floor. Pre-registration is required due to limited space. Email Miranda at mirandahope@yahoo.com for more details.
Location: Rappahannock County Public Library

Low Impact Aerobics- Increase your heart rate in this low-impact cardio workout.
Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

Kids' Event- Join C2BF and Ignite Fitness, LLC for Drums Alive Kids Beats class and kids activities. This cardio drumming, whole brain, whole body program is designed to get you rocking and rolling while having fun.

Kick It!- This non-contact, cardio class is inspired by martial arts: Karate, boxing, & Tae Kwon Do.
Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

RIP30- Strength training set to music. Join us for this 30 minute barbell workout… video and live formats.
Location: High School Room 110 (please use door by staff parking lot—to the side of the bus lane)

STEP - Increase your steps with this fun, cardio workout. Step on, over, and around a height adjustable "step" platform. Class concludes with core exercises.
Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

Walking Group- Come out and walk with us! All paces are welcome and encouraged to join in.
Location: Indoors at the Elementary School (meet at the front lobby)

Wellness Wednesday - This is an informal, weekly group gathering. Join us as we celebrate weekly wellness achievements and discuss how to overcome potential set-backs. There is power in group support—don't do it alone. Different weekly themes, nutrition, and fitness topics will be discussed. Check-ins available (but optional) at this time.
Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

Yoga - Traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation.
Location- Elementary School Room 28

Stay in the loop! Like us on FB at www.facebook.com/rappc2bf or follow us on Instagram at www.instagram.com/rappc2bf. Join our private FB group as well (search Commit to Be Fit).

www.rappc2bf.com

In the event that school is cancelled or released early, C2BF classes will not be held. If there is a delayed opening, morning classes will not meet.

commit to be fit

Tips from the Team

Healthy Families Nutrition Tip of the Week

Busy schedules can make eating as family a challenge, but the nutrition, social, and overall wellness benefits of eating together make it worth the effort. Involve everyone in planning, preparing, cooking, and cleaning up the meal. Children are more likely to eat foods they helped prepare. Disconnect from technology and enjoy time together. Role model positive behavior such as healthy eating, table manners, and positive conversations.

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

Fitness Tip of the Week

Try a kickboxing or mixed martial arts cardio class. There are numerous benefits to this type of workout. It increases cardiovascular fitness, improves muscular endurance, enhances coordination and proprioception, improves core stability, and (*my personal favorite*) helps to reduce stress!! **Did you know we offer a Kick It! class on Mondays at 4pm? Join Mike for this fantastic workout!**

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

Healthy Tip of the Week

In honor of March – Go Green! Adopt Green practices by using a reusable water bottle! Americans buy 29 billion plastic water bottles a year, and only one of every six is tossed in the recycling bin. Bottles made from aluminum, stainless steel, and BPA-free plastic are all great choices for eco-friendly thirst quenching. Making your workout more eco-friendly starts with small changes — remembering your reusable water bottle or running outside instead of on a treadmill is a good start!

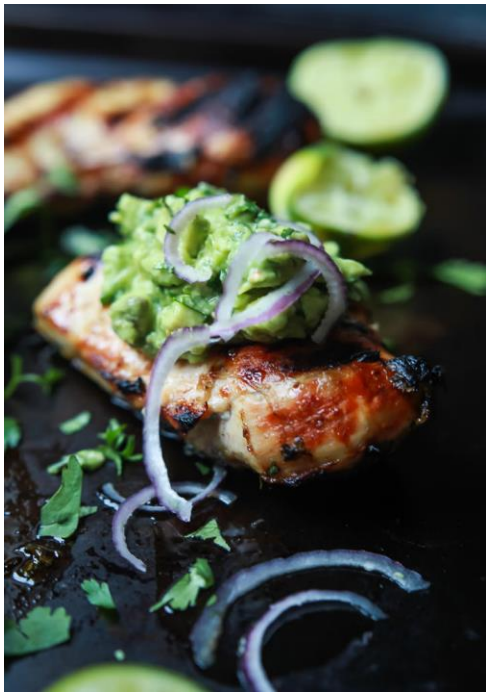
*Healthy Tip Submitted by **Jackie Tederick, CPT,** Wellness Integration Coordinator*

commit to be fit

Recipe of the Week

Lime Chicken with Avocado Salsa

Ingredients:



Cilantro Lime Chicken:

- 1.5 lb. boneless chicken breast
- ¼ cup lime juice
- 2 tablespoons olive oil
- ¼ cup fresh cilantro
- ½ teaspoon ground cumin
- ¼ teaspoon salt

Avocado Salsa:

- 4 avocados, diced
- ½ cup fresh cilantro, diced
- 3 tablespoons lime juice
- ½ tablespoon red wine vinegar
- ½ teaspoon red pepper flakes
- 1 garlic clove, minced
- salt to taste

Directions:

1. To a small bowl, add ¼ cup of lime juice, olive oil, ¼ cup of fresh cilantro, ground cumin, and ¼ teaspoon of salt. Whisk until mixed.
2. Add chicken and marinade to a large zip-lock bag. Let chicken marinade for 15 minutes.
3. Preheat grill to medium high heat (about 400 degrees). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.
4. To make the avocado salsa: add avocado, ½ cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix.
5. Top Cilantro Lime Chicken with fresh Avocado Salsa.

commit to be fit

RCPS
Rappahannock County Public Schools

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.

www.facebook.com/rappc2bf **www.rappc2bf.com** www.instagram.com/rappc2bf