



commit to be fit

Weekly Newsletter

Monday, March 11th - Sunday, March 17th

Announcements

February Winners

Congratulations to the winners of our February “Buddy Up” Challenge- **Jessica Kelly** and **Traci Dippert**. They each won 2 class passes (one for themselves and one for a friend) to Stonewall Abbey Wellness. Thank you to everyone who participated in the monthly challenge.



Team Alabama Slammers

Staff Challenge Update

Big News- We have a new leader in the Staff Wellness Challenge! After tallying the February points, **Team Alabama Slammers** has taken the lead from our previous leaders, **Team inittowinit**. With only 34 averaged points separating them and 2 months remaining, who will win the challenge?

This Week's Activities

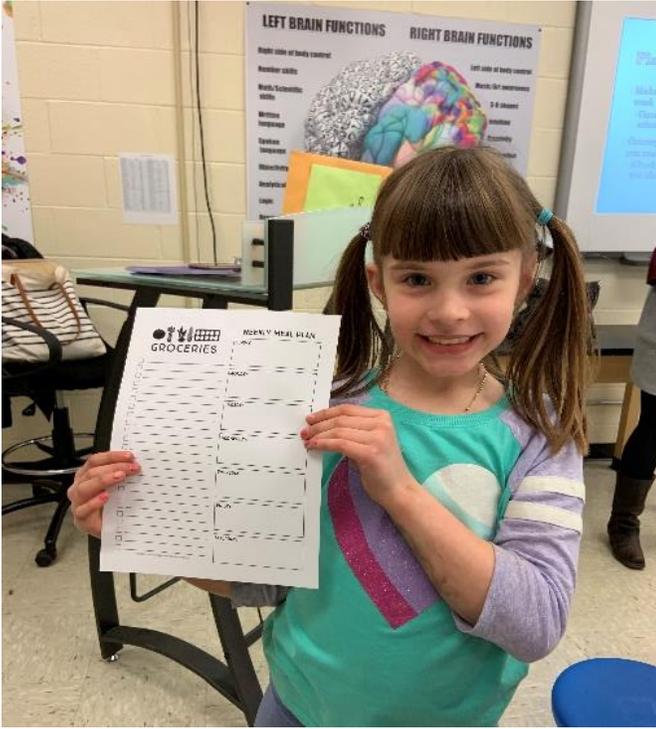
Monday	Tuesday	Wednesday	Thursday	Friday
11 7:15am- Barre	12 4:00pm- Yoga	13 7:30am- Walking Group	14 2:30pm- Chair Yoga*	15 7:15am- RIP30 (video)
4:00pm- Kick It!	4:00pm- RIP30 (video)	5:30pm- STEP	4:00pm- Yoga	
	5:30pm- Low Impact Aerobics		5:30pm- Low Impact Aerobics	

*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.

In the Issue

Announcements- pages 1 Happenings & Highlights- page 2 Tips from the Team- page 3 Recipe of the Week- page 4

Happenings & Highlights



Wellness Wednesday

Wellness Wednesday's theme was Eating Healthy on a Budget. We played Nutrition BINGO, held a prize drawing, and learned tips to eat healthy AND save money!



LIFT Assessments

C2BF kicked off our 3rd LIFT program on March 5th. This program, a collaboration between Virginia Cooperative Extension and C2BF, provides strength training sessions for senior citizens in the community. Assessments (such as the step test shown below) are administered both prior to the start of the 16 session class and afterwards. These assessments help to show progress in balance, strength, and endurance.



In the Classroom

The Personal Fitness and Nutrition students learned how to make healthy smoothies during class on Thursday. Yummy!

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 \$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 of 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.**, Nutrition Specialist*

Fitness Tip of the Week

If you are just starting a routine, focus on consistency. Setting a goal to workout 3-5 days a week is more important than focusing on the intensity or amount. It's better to build a good habit that you can sustain long term than to try to do too much, too quickly, and burning out. Once you are in the habit of exercising, then build up to your desired intensity. Remember- slow and steady wins the race!

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



Wellness Tip of the Week



As we spring forward this weekend, look at the time change as an opportunity to add a new, healthy habit to enhance health. You are less likely to find it an unpleasant disruption; use the hour to add in physical activity. While springing forward does cost us a single hour of lost sleep, it also signifies the beginning of spring, longer days, and more pleasant weather!

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

Recipe of the Week

Rice Bowl with Fried Egg and Avocado

Ingredients:

2 SERVINGS

- 2 scallions, thinly sliced
- 1 cup cooked brown rice
- Salt and pepper
- 1 ½ tablespoons olive oil
- 2 large eggs
- ½ avocado, chopped
- Hot sauce (optional)



Directions:

- Mix scallions and rice in a small bowl; season with salt and pepper.
- Heat oil in a nonstick skillet over medium-high heat. Crack eggs into skillet; season with salt and pepper and cook until whites are set around the edges, about 1 minute. Flip eggs and cook to desired doneness, about 30 seconds for a runny yolk.
- Divide rice among bowls; top with eggs, avocado, and hot sauce.

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.