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Weekly Newsletter

Monday, September 30th - Sunday, October 6th

Announcements

October Schedule

Our October Class Schedule is now available. Check out page 6 to see all of the fun events happening this month!

Please note—Cow, Balance, RIP30, and Walk/Run will not be meeting this upcoming week. C2BF will be out of town presenting at the National Wellness Conference in Florida. In addition, **all of our 5:30pm classes (Step and Low Impact Aerobics) have been cancelled for this week as well.** Please refer to the weekly calendar below or our monthly calendar on page 6 to see our current offerings.

Halloween Rubber Duckies?? Our October schedule includes a fun kids' event. Be sure to see page 6 to learn more!

This Week's Activities

Just a reminder, as scheduled, there are a few changes to our weekly class line-up for this week.

	Monday	Tuesday	Wednesday	Thursday
Morning	30 7:30am-Walking Group ●	1 No Classes	2 7:30am-Walking Group ●	3
Afternoon	4:00pm- *Yoga* ●		4:00pm- **Meditation & Relaxation** ●	4:00pm- *Yoga* ●
Evening				

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

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Featured Class of the Week

Spotlight on… Walking Group

Instructor Q&A with Jen Atkins & Jackie Tederick

Jackie and Jen invite everyone to join in the fun and come to Walking Group on Mondays & Wednesdays at 7:30 am!

In your own words, how would you describe your class?
Walking group incorporates a friendly, brisk walk to wake you up in the morning.

Is there anything that you would like new participants to know before attending their first class?
We begin promptly at 7:30 am and meet at the front doors at the Elementary School. Typically, we walk laps inside the school to allow for teachers to join in or leave early based on their busy, morning schedules. This also allows us to walk regardless of the weather.

In your own words, what are some of the benefits of your class?
It is a great way to start the day! In addition to boosting your mood, it provides a fun social environment and promotes a stronger sense of community through relationship building.

What do you like most about your class and/or the C2BF program?
Walking Group is a fun opportunity to get exercise while socializing with staff and the community.

About Jackie and Jen
Jackie serves as the Wellness Integration Coordinator for C2BF and the RCHS Dean of Staff Relations & Health and Wellness. Jen officially joined the C2BF team this year and serves as the Brain STAR Lab Coordinator. Both Jackie and Jen enjoy working with the kiddos in the Brain STAR Action Based Learning (ABL) Lab and in the classrooms to promote purposeful movement to enhance learning.

What C2BF Participants Are Saying…

> ***"Attending walking group every Monday and Wednesday morning lets me begin my day feeling strong and energized. I start counting my "steps" for the day. As an added bonus, I get to see all the smiling staff and students at RCES getting ready for their day. That's the best!"***
>
> ***"I love that it is offered twice a week now! It's a great kick-start to the day."***

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Happenings & Highlights

WARF Field Trip

Our Nutrition and Personal Fitness class and Mrs. Moore's Horticulture class took a field trip to the WARF last week! Students started the morning off by taking a splash into the pool for the Aqua Tone and Tread class. Afterwards, we shopped at the farmer's market where watermelon, apples, peppers, green beans, kombucha, and more was purchased from local vendors with POP Bucks.

According to Mandi Butler, who teaches this class along with Jackie Tederick, *"We are so grateful that our students can have the opportunity to try a new fitness class and to shop locally for nutritious food. Being able to experience what we talk about in the classroom is the best type of learning tool!"*

Meal Prep Workshop

Our monthly Meal Prep Workshop was held on Sept. 25th in the RCHS culinary room. Participants prepared and mixed ingredients for a yummy Shrimp Stir Fry recipe to cook at home. Our next meal prep workshop will be held on Monday, Oct. 28th. Be sure to check out our upcoming newsletters for more details.

Math & Movement

Jen, Jackie, and Holly from C2BF were joined by RCES Teachers Bethany Bostic and Jennifer Deal (*not pictured*) to participate in an insightful Math and Movement workshop at Rockhill Elementary on Tuesday, September 24th. The training reiterated the importance of movement to enhance learning and provided lots of fun movement activities to use to successfully teach math in primary grades.

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Tips from the Team

Nutrition Tip of the Week

Apple season is here! We are fortunate to live in an area with such great orchards nearby. Apples are rich in fiber, vitamins, and antioxidants. Apples can be enjoyed in so many ways: by themselves, with peanut butter, baked, or chopped up on a salad. Check out this week's recipe of Apple Chicken Salad.

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

Fitness Tip of the Week

It's officially fall!!! Whoop! Whoop! That means that the weather will be becoming milder and the leaves will soon be changing to beautiful colors. I would like to reiterate my team's suggestions for this week and get outside to enjoy the fall festivities. Whether that is picking apples in an orchard (see Mandi's tip), exploring a corn maze (see Jackie's tip), or searching for the perfect pumpkin from a local pumpkin patch. It's also a great time of year to put on your running shoes and participate in a local race. This Saturday, Oct. 5th, there are many races going on in nearby towns and counties including Harrisonburg (*5K Race for Relief*), Henrico (*Bernard Greene Memorial 5K*), Charlottesville (*Bill Steers Men's 4-Miler*), Nelson County (*Blue Ridge Burn 10k/ 5k trail run*), Richmond (*Deep Run Park Run 5k*), Henrico County (*GA5K*), Arlington (*Home Run for the Homeless 5k*), Chesterfield County (*Light Up the Night Against Crime 5k*), McLean (*McLean 5k*), Fairfax County (*Remembering Our Angels 5k*), Arlington County (*Roosevelt Island DC Park Run 5k*), Fairfax County (*Shatterproof Rise Up Against Addiction 5k*), Richmond (*Trails & Ales 8M, 5K Trail Run*) and many, many more. For more information visit, www.runningtheusa.com.

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

Healthy Kids Tip of the Week

Fall is a great time of the year for the family to explore corn mazes in the area. Corn mazes can be an educational experience along with developmental benefits. Not only does a corn maze encourage the love for nature, but it enhances problem-solving skills and creativity. The possibilities are endless!

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

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Recipe of the Week

Chicken Salad with Apples and Cranberries

Yield: 4 servings

Ingredients:

- 3 cups chicken (cooked, diced)
- Olive oil (as needed, for cooking)
- Optional: 1/4 cup walnuts (chopped, or slivered almonds or pecans, toasted)
- 1/4 cup dried cranberries
- 1/2 cup celery (diced)
- 2 to 3 tablespoons red onion (finely chopped)
- 1/2 cup apple (diced)
- 4 to 6 tablespoons mayonnaise (or to taste)
- 2 teaspoons fresh lemon juice
- Optional: 1/8 teaspoon curry powder (or to taste)
- 1/4 teaspoon salt (or to taste)
- 1/8 teaspoon ground black pepper
- Lettuce leaves
- Optional: good-quality bread or sandwich buns (sliced)

Directions:

1. **Cook the Chicken**- Pound 3 or 4 chicken breasts between sheets of plastic wrap to an even thickness. Place a lightly oiled skillet over medium heat. Add the chicken breasts to the hot skillet and cook them for about 6 minutes, or until browned. Flip and continue cooking for about 5 minutes longer, or until thoroughly cooked. Avoid overcooking. The minimum safe temperature for chicken (USDA) is 165 F.
2. **Toast the Nuts**- Put 1/4 cup of chopped walnuts, slivered almonds, or pecans in a dry skillet. Place the skillet over medium heat and cook, shaking the skillet and stirring and turning the nuts constantly, until they are lightly browned and aromatic. This should take about 3 to 4 minutes. Pour the toasted nuts out onto a plate immediately to stop the cooking process.
3. **Make the Chicken Salad**- Gather the ingredients. In a bowl, combine the diced, cooked chicken, cranberries, celery, onion, apple, and walnuts, if using. In a cup or small bowl, combine 4 tablespoons of mayonnaise, the lemon juice, curry powder, if using, salt, and pepper. Stir the mayonnaise mixture into the chicken, adding more mayonnaise as needed for moisture and for flavor. Line the bread or sandwich buns with lettuce leaves and spread the chicken salad on the lettuce. Or serve the chicken salad on lettuce-lined plates with slices of avocado or tomatoes.

Source: www.thespruceeats.com

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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*

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OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday
	1 NO CLASSES	2 7:30am-Walking Group 4:00pm- **Meditation & Relaxation**	3 4:00pm- *Yoga*
7 7:30am- Walking Group 4:00pm- **COW** 5:30pm- STEP	8 7:30am- **Balance** 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**	9 7:30am-Walking Group 4:00pm- **Meditation & Relaxation** 5:30pm- STEP	10 NO CLASSES- Early Release
14 NO CLASSES- School Closed	15 7:30am- **Balance** 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**	16 7:30am-Walking Group 4:00pm- **Meditation & Relaxation** 5:30pm- STEP	17 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**
21 7:30am- Walking Group 4:00pm- *Yoga* 4:00pm- **COW** 5:30pm- STEP	22 7:30am- **Balance** 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**	23 7:30am-Walking Group 4:00pm- **Meditation & Relaxation** 5:30pm- STEP	24 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**
28 7:30am- Walking Group 4:00pm- **Meal Prep Monday** 5:30pm- STEP	29 7:30am- **Balance** 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run** 5:30pm- **Low Impact Aerobics**	30 7:30am-Walking Group 4:00pm- **Meditation & Relaxation** 5:30pm- STEP	31 7:15am- **COW** 4:00pm- *Yoga* 4:00pm- **RIP30** (live) 4:30pm- **Walk/Run**

Please note-- 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.

Special Event- October 26th from 6:30pm-9:00pm (RCES)

C2BF will be participating in the **RCES Monster Mash Trunk or Treat Event** hosted by PTO and Headwaters Foundation. Bring the kids to our booth for a fun, hay bale obstacle course relay race and a chance to win a prize in our Halloween Ducky game (*while supplies last*).

Class Descriptions and Locations

Balance- Standing strength, balance, and coordination are the focus of this 30 minute class. Start off your day with dynamic and static exercises designed to enhance balance while strengthening the core and lower body.
Location: High School Room 110 (please use door by staff parking lot- to the side of the bus lane)

COW (Challenge of the Week)- Calling all competitors! Are you up for a challenge? This 20 minute challenge features different exercises each week such as sprints, push-ups, burpees, squats, etc. Race the clock to see how many rounds you can complete. Weekly results will be featured on the COW web page. Be sure to bring a water bottle and towel.

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)

Meal Prep Monday- Join us for a fun meal prep workshop. Bring 1 ingredient to share and leave with a full baggie of food to cook at home. Email Mandi at abutler@rappahannockschools.us to reserve your spot. Recipe & location are tbd.

Meditation & Relaxation- Deepen your connection with yourself through meditation. Learn breath techniques that reduce stress and anxiety while activating the parasympathetic nervous system, which restores the body's innate healing capacity. Mats are provided, but you are welcome to bring your own.
Location- Elementary School Room 28 (or RCES Courtyard weather permitting)

RIP30- Strength training set to music. Join us for this 30 minute barbell workout.
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)

Walk/Run- Whether you are looking to increase your steps or training for an upcoming race, join us for this 30 minute walking/running group. All levels welcomed.
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)

Yoga - Traditional style yoga poses, balance work, and stretching followed by a short meditation/relaxation. Mats are provided, but you are welcome to bring your own.
Location- Elementary School Room 28

New to classes? First off, welcome to Commit to Be Fit! All of our classes, workshops, and events are absolutely free! You can drop in to any of the classes without advanced sign-up. However, if you would like for us to meet with you before class, we would be happy to show you to the room and introduce you to the instructor on your first visit. Email Holly Jenkins at hjenkins@rappahannockschools.us for more information.

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www.rappc2bf.com

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