

commit to be fit Weekly Newsletter

Monday, September 23rd - Sunday, September 29th

Announcements

Schedule Change

Step and Low Impact Aerobics have been cancelled through September 25th. We apologize for the change in our class schedule for this week.



Meal Prep Reminder

This Wednesday is our Meal Prep Workshop! We will be making Shrimp Stir Fry, which was our featured recipe in last week's newsletter. If you would like to attend this workshop, please RSVP by emailing Mandi at abutler@rappahannockschoools.us by Sept. 20th with which ingredient(s) you are able to bring. She will follow up with you about the quantity needed, location, and more details.

This Week's Activities

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26
Morning	7:30am- Walking Group ●	7:30am- Balance ◇	7:30am- Walking Group ●	
Afternoon	4:00pm- Yoga ● 4:00pm- COW ◇	4:00pm- RIP30 (live) ◇ 4:30pm- Walk/Run ◇	4:00pm- Meditation & Relaxation ● 4:00pm- Meal Prep Workshop	4:00pm- Yoga ● 4:00pm- RIP30 (live) ◇ 4:30pm- Walk/Run ◇
Evening				5:30pm- Low Impact Aerobics ◇

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

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Featured Class of the Week

Spotlight on... Step

Instructor Q&A with Gail Czekaj



In addition to Step, Gail (pictured above) also teaches our Low Impact Aerobics.

All About Step

Step is a 45 minute cardio workout that involves stepping up and down, over, and around a height adjustable step. Set to energizing music, this class will increase your heart rate. The class includes an ab workout as well as a gentle stretch. At the conclusion of class, Gail is now offering a 10 minute meditation session to help calm the body and the mind. This class is offered on Mondays and Wednesdays at 5:30pm at RCHS.

In your own words, how would you describe your class?

It's an easy and FUN way to get in about 3,500 steps!

Is there anything that you would like new participants to know before attending their first class?

Wear comfortable workout clothes, good shoes and bring a water bottle.

In your own words, what are some of the benefits of your class?

I think it is fun and makes it easier to work out in a group of friends and colleagues it seems to make the class go faster while getting a good work out and it's also a good stress reliever!

What do you like most about your class and/or the C2BF program?

I love that it is available to the community and it's free! It shows that our community cares for our wellness and mindfulness very important things in leading a healthy lifestyle.

Share something about yourself. What would you like participants to know about you?

I'm a mother of three grown young men and a grandmother to one very sweet granddaughter! I love to exercise and have been teaching aerobic classes for over twenty years. I however struggle with my weight and it helps me to work on myself so I can lead a healthier, happier, and less stressed life. So my wellness motto is to just keep moving and keep exercising and love life!

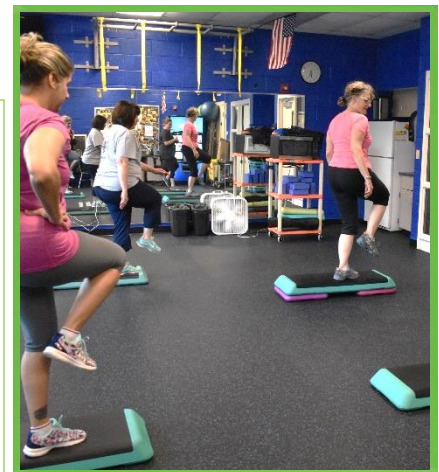
What C2BF Participants Are Saying...

"Step class is fun and a great workout. You can do the class with or without the step as needed. Gail is welcoming, upbeat, and very encouraging of everyone. I attend as often as possible. I highly recommend it."

"I always feel welcome at the beginning and energized at the end of class."

"Step class has been a destress for me. I could go to work and have a hard day but step class has helped me relax, work out and go home and be a destressed mother. The teacher, Gail is amazing. I can tell She loves teaching the classes."

"Step is a fun energetic class for all skill levels! It doesn't matter if you keep with the beat so long as you are having fun and moving."



Above- Participants working up a sweat during Step class.

Happenings & Highlights

In the Classroom

C2BF recently visited Ms. Henslik's and Ms. Burfield's classes to conduct movement based lessons. In Ms. Burfield's first grade classroom, the students participated in a fun, freeze dance activity that incorporated sight words. In Ms. Henslik's class, the third grade students reviewed place values in math by exercising the answer. Students in each of the classes enjoyed learning through movement.



Tips from the Team

Nutrition Tip of the Week



An important step in improving your diet is to first be aware. Start a food journal or download an app on your phone to track food. Logging all food and drinks can be helpful to look at your eating habits and to find ways to improve both quality and quantity of your diet. For example, you may find you need more water throughout the day or you could set a goal to swap out a sugary breakfast bar for hard-boiled eggs during the week. I'm also happy to look over it with you and create a healthy meal plan together, so please reach out!

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

Fitness Tip of the Week

Last February we ran a monthly challenge called “Buddy Up,” which encouraged participants to pair up a friend to work out together. Even if you and your buddy are on different schedules and can’t exercise together, you can still hold each other accountable. Checking in regularly with one another can be a great source of motivation. If you are both on FB, create a “secret” group (no one else can search it) for just the two of you to log exercises, share fitness ideas, or post an inspirational pic.

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



Healthy Kids Tip of the Week

Autumn officially begins on September 23rd. Days are getting shorter each day. On that note, get outside and enjoy the daylight and fall weather while you can. This is a great time of year to explore nature.

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



Recipe of the Week

Sausage and Peppers Foil Packets

Servings: 4 Prep Time: 15 minutes Cook Time: 15 minutes

Ingredients:

- 1 (10-ounce can) Ro*Tel® Mild Diced Tomatoes & Green Chilies, undrained
- 1 cup vegetable stock
- 1 1/2 cups instant brown rice
- 1 (12-ounce) package andouille sausage, cut into 1/2-inch slices
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon Cajun seasoning
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

Directions:

1. Preheat a gas or charcoal grill over high heat.
2. In a medium bowl, combine Ro*Tel®, vegetable stock and rice; set aside.
3. In a large bowl, combine sausage, bell peppers, onion, olive oil, garlic and Cajun seasoning; season with salt and pepper, to taste.
4. Cut four sheets of foil, about 12-inches long. Divide the rice and sausage mixture into 4 equal portions and add to the center of each foil in a single layer.
5. Fold up all 4 sides of each foil packet over the rice and sausage, covering completely and sealing the packets closed.
6. Place foil packets on the grill and cook until peppers are tender and sausage is heated through, about 12-14 minutes.
7. Serve immediately, garnished with parsley, if desired.

Source: *Damn Delicious*



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.



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