



# commit to be fit

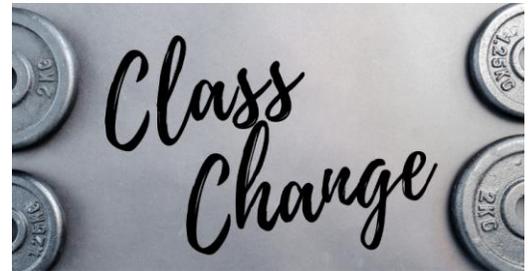
## Weekly Newsletter

Monday, October 14<sup>th</sup> - Sunday, October 20<sup>th</sup>

## Announcements

### Schedule Change

**Step and Low Impact Aerobics will not be meeting this week.** For this week only, Holly will be offering RIP30 + Walk/Run at 5:30pm on Tuesday and Thursday (in addition to the regular 4:30pm class). To learn more about RIP30, our Featured Class of the Week, see page 2.



### Fun Kids' Event

C2BF will be offering a Kids' Obstacle Course and Halloween Duckie game during the PTO's Monster Mash at RCES on Oct. 26<sup>th</sup>. See page 6 for event details.

## This Week's Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	14 <b>No Classes- School Closed</b>	15 7:30am- <b>Balance</b> ◊	16 7:30am- <b>Walking Group</b> ●	17 _____
Afternoon		4:00pm- <b>RIP30</b> (live) ◊ 4:30pm- <b>Walk/Run</b> ◊	4:00pm- <b>Meditation &amp; Relaxation</b> ●	4:00pm- <b>Yoga</b> ● 4:00pm- <b>RIP30</b> (live) ◊ 4:30pm- <b>Walk/Run</b> ◊
Evening		5:30pm- <b>RIP30</b> (live) ◊ <b>Walk/Run</b> ◊	_____	5:30pm- <b>RIP30</b> (live) ◊ <b>Walk/Run</b> ◊

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... RIP30 & Walk/Run

### Instructor Q&A with Holly Jenkins

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

RIP30 is a 30 minute strength class that is set to music. If you are familiar with Les Mills BodyPump, it's the same type of format, but totally different music and choreography. In this condensed format, we focus on basic barbell exercises that target one muscle group at a time. The tempo of the exercises vary to allow additional challenge. Slowing down the exercises actually makes it more challenging—less momentum and more muscle! Plus, the format works great for those that are new to class, since we don't incorporate fast, jerky movements.

Walk/Run is an opportunity to increase your cardio after RIP class. Typically, we complete laps around the high school or on the track for 25 minutes. Of course, you don't have to attend both options. Participants can leave after RIP or just show up for the Walk/Run. I know time is precious so we split up the hour to allow for participants to do what best fits their schedule.

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

If you are considering trying it for the first time, just do it! I have never had anyone tell me that they regretted trying it. All new participants are invited to come in and join our friendly RIP crew family. I know weights can seem intimidating, but keep in mind everybody (including myself) was a beginner at some point.

I encourage all first-time participants (even those that lift weights regularly) to go super light their first class. Also, please be mindful to wear appropriate shoes and bring a water bottle.

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

There are so many benefits of strength training: increases bone density, boosts your metabolism, increases strength in muscles, connective tissues, and tendons, enhances your mood, and improves your ability to complete activities of daily living (ADL).

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

Oh goodness, I love EVERYTHING about the program! But, in full disclosure, I'm biased since I'm part of the C2BF Team. To pick out a few key areas-- I love the sense of community, support from peers, and the relationships that have been formed. Also, I love that the program benefits all of the students in both schools and is available, *free of the charge*, for the staff, parents, and community members.



#### What C2BF Participants Are Saying...

“*RIP class provides beneficial strength building exercises with fun background music. What an exhilarating workout!*”

“*I enjoy the Live RIP30 class. It is easy to follow along, fun, and not so difficult that I wouldn't want to come back!!!*”

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

I wake up each morning with a sense of gratitude and thankfulness for this amazing opportunity to be a part of the Commit to Be Fit program. Just knowing that I can play a small role in participants' journeys towards better health and wellness is such a blessing. And I am constantly inspired by all of our participants! ☺

Aside from C2BF, I am a mother of four, a grad student at the University of Alabama (Roll Tide!), a UVA alumni (Wahoowa!) and serve in the role of Public Relations and Digital Communications Officer for Rappahannock County Public Schools. Prior to joining the Rapp Family, I managed an awesome gym (Gold's Gym/Fitness Evolution) for over a decade and headed up Group Fitness and Personal Training Departments. I never thought I would leave that amazing job and my incredible gym family, but God provided me with a once in a lifetime opportunity to return to my roots and promote wellness for all—free of charge!! I also love to travel and am up for anything that involves outdoor adventure.

Finally, I just want to say **THANK YOU to all of the C2BF participants**. Working with each and every one of you makes my job so amazing. Thank you for your energy, your kindness, & your awesome presence!



# Happenings & Highlights

## Farm to School Week

RCPS celebrated Virginia Farm to School Week, October 7th - 10th. October is National Farm to School Month which is an opportunity to recognize and celebrate the importance of regional Farm to School programs in improving child nutrition, supporting local economies, and educating students about the origins of food. This week we served local sausage, beef patties, ground beef, sweet potatoes, apples, nectarines, lettuce, tomatoes, and more!

Thank you to our farmers and cafeteria staff for all that you do to ensure our students have access to nutritious meals each day.

- Beef patties - Hayfield Farm
- Ground beef - Rider's Backfield Beef
- Sweet Potatoes - Survivor Farm
- Apples and nectarines - Thornton River Orchard
- Zucchini, tomatoes, lettuce, cucumbers, peppers, and more - Local Food Hub/4P Foods
- Sausage - Papa Weaver's Pork



## Be the "I" in KIND

During the month of October, we are promoting kindness in the schools in conjunction with Bullying Prevention Month. Visit our FB page to view our Be the "I" in KIND album.

**Parents and Community Members-** if you are in the schools during parent/teacher conferences or the RCES Monster Mash event (see page 6), feel free to take your picture with the mural (made by RCES and RCHS art students). They are on display in the school cafeterias.

If you would like your photo added to our FB album, send your picture directly to Holly at [hjenkins@rappahannockschoools.us](mailto:hjenkins@rappahannockschoools.us) OR post in the album comments. For those on IG, post your pic using the hashtag **#C2BFkindness**.

*Top Left- RCHS Principal, Jimmy Swindler, gives kindness two thumbs up.*

*Bottom Left- RCES Assistant Principal, Lisa Gates, smiles in front of the RCES mural.*

## Tips from the Team



### Nutrition Tip of the Week

The Rappahannock Farmer's Market is open for two more Saturdays (Oct 12th and 19th) from 11am - 1pm. Remember to bring your **POP Bucks!** They can only be used during the 2019 season. The Farmer's Market is located at Pen Druid Brewery in Sperryville at 7 River Lane. Check out this week's featured recipe of a yummy Farmer's Market vegetable soup to warm you up as it is starting to feel like fall!

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

### Fitness Tip of the Week

Since RIP30 is our featured class of the week, let's talk about strength training. Lifting weights is beneficial for the mind and body, especially those of us who are aging (ie. everybody). Starting in our 30s, we lose bone density and muscle mass as the years pass by. One way to counteract this is by strength training. Aim to incorporate resistance exercises, 2-3 times a week making sure to not work the same muscle groups on consecutive days. Rest days are essential for muscle repair/growth. Join me for RIP30 on Tuesdays & Thursdays at 4pm and 5:30pm (*this week only*) in high school room #110.

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



### Healthy Kids Tip of the Week

October is Emotional Wellness Month. Emotional and mental health is a key aspect of wellness. Practice mindfulness by doing it as a family. Here is a link with some mindfulness activities that can be done at home. <https://www.parents.com/fun/activities/5-mindfulness-activities-you-can-do-as-a-family/>

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



# Recipe of the Week

## Farmers Market Vegetable Soup

Yield: 4 servings Prep Time: 15 minutes Cook Time: 20 minutes Total Time: 35minutes

### Ingredients:

- 1–2 tablespoons olive oil
- 1 medium onion diced ( or a large leek)
- 2 cups diced carrot (2 medium carrots)
- 2 cups diced celery (2 stalks)
- 1 cup diced fennel bulb (optional)
- 4 cloves garlic rough chopped
- 1 tablespoon fresh thyme ( or oregano or tarragon- or sub 1 1/2 teaspoons dried thyme, or dry Italian seasoning or Herbs de Provence )
- 2 tablespoons white wine, vermouth, sherry cooking wine- all optional (feel free to leave out)
- 2 cups diced zucchini or yellow summer squash
- 2 cups chopped green beans
- 1 ear corn, kernels cut off
- 4 cups veggie stock or broth, chicken or beef stock, or bone broth
- 2 cups water
- 2 bay leaves
- 1 teaspoon kosher salt

### Directions:

1. In a large pot or dutch oven, heat oil over medium heat. Add onion and saute until deeply golden and fragrant, 5 minutes.
2. Add carrots, celery, fennel, garlic and thyme. Saute 7-8 minutes, stirring often. At this point you could splash with white wine, dry vermouth, sherry wine (all totally optional) just a couple tablespoons and cook it off.
3. Add zucchini and green beans (and optional tomatoes, cabbage, potatoes, or bell pepper) stock, water, bay leaves and salt. (You will add the corn later).
4. Bring to a simmer, cover and simmer until carrots are just tender about 10-12 minutes. Add corn. Cook 3-4 more minutes, then stir in the fresh parsley.
5. Taste. Often (*especially if leaving the tomatoes out*) I'll add a tiny splash of acid- like lemon juice or apple cider vinegar, be very conservative, 1/2 teaspoon, and add more to taste. Season with pepper and a pinch of cayenne or chili flakes.
6. If broth tastes bland, it probably needs salt and acid
7. Serve with a drizzle of good olive oil, crusty bread, or shaved parmesan or pecorino. Or try it with Gremolata (Italian herb sauce) – a delicious way to finish the soup!

*Source: Feasting at Home*



### Garnish:

- 1/4 cup fresh Italian parsley ( or basil ribbons)
- 1/2 teaspoon of lemon or vinegar ( at the end)
- pepper, cayenne, or chili flakes to taste
- a drizzle of olive oil, gremolata or grated pecorino cheese
- Other soup additions: diced tomato, diced bell peppers, diced potatoes, diced cabbage, diced kale, cooked beans (like chickpeas, white beans, etc) or cooked grain. If going the tomato route feel free to add a tablespoon of tomato paste for extra “tomatoey” richness.

## 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.*



# OBSTACLE COURSE

AND HALLOWEEN  
 DUCKIE GAME

Visit the **Commit to Be Fit** station in the **RCES Primary Hall** during the

## MONSTER MASH at RCES

**October 26<sup>th</sup> • 6:30-9:00pm**

**\*\*ENTER THROUGH THE CAFETERIA (BEHIND THE SCHOOL)\*\***

**TRUNK OR TREATING... 7:45pm** Back Parking Lot

**S.T.E.A.M. Activities... 6:30-8:00pm** Cafeteria

**C2BF Obstacle Course & Duckie Game... 6:30-9:00pm** Primary Hallway

**Pumpkin Carving Contest... 8:30pm** Cafeteria (bring pre-carved pumpkin)

**Basket Raffle (\$)... 8:45pm** Cafeteria (do not need to be present)

**Costume Contest... 7:30pm** (PreK-3<sup>rd</sup>)/ **7:40pm** (4<sup>th</sup>-7<sup>th</sup>) Gym

**Walking Tacos/Apple Pie... (\$)** **6:30-8:00pm** Cafeteria

**Pumpkin Painting (\$)... 6:30-7:30pm** Cafeteria

**Dancing in the Gym... 6:30-9:00pm** Gym

**Activities**

The Monster Mash event is sponsored by the PTO.  
For more info, contact the PTO at [pto@rappahannockschools.us](mailto:pto@rappahannockschools.us)