



commit to be fit

Weekly Newsletter

Monday, October 28th – Sunday, November 3rd

Announcements

Class Schedule, Reminders, & Updates

Unfortunately, we have a few more changes to our weekly line-up. Holly's classes, **Balance** (Tuesday), **RIP30** (Tuesday and Thursday), and **Walk/Run** (Tuesday and Thursday) will not be meeting this week. We sincerely apologize for the cancellations. Just a reminder, as previously scheduled, **Yoga** will not be meeting on Monday. **COW** (Challenge of the Week) with Mandi is scheduled for Thursday at 7:15am (instead of Monday). Finally, **Low Impact Aerobics** will not be meeting on Thursday, October 31st due to Halloween. **Our November class schedule will be released in our next newsletter, which will drop on Friday, November 1st.**



This Week's Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	28 7:30am- Walking Group ●	29	30 7:30am- Walking Group ●	31 7:15am- COW ◇
Afternoon	4:00pm- Meal Prep Monday ◇		4:00pm- Meditation & Relaxation ●	4:00pm- Yoga ●
Evening	5:30pm- STEP ◇	5:30pm- Low Impact Aerobics ◇	5:30pm- STEP ◇	

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... Low Impact Aerobics

Instructor Q&A with Gail Czekaj

How would you describe your class?

Low Impact Aerobics is a fun and effective way to get a great workout while being forgiving with your joints. Class begins with a full upper body and lower body warmup. Next is a steady comprehensive full-body aerobic workout without concussion so it is easy on your joints. You can work out at the level that is best for you. We follow this with arm exercises with weights. We conclude the class with a three-minute relaxation meditation. It's a complete class that leaves you feeling energized and relaxed. Come join us on Tuesday and Thursday evenings at 5:30pm in Room 110 in the high school. You'll be glad you did!

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.



What C2BF Participants Are Saying...

“

“Low Impact Aerobics with Gail is a great class. It's a very good workout and a lot of fun. No pounding movement so it is forgiving on your joints. I really look forward to Tuesdays and Thursdays.”

“I love the low impact aerobics class. I can exercise even though my knees won't take the stress of the step class. The music that is available is varied – all with a movable / danceable beat!”

“Gail has helped me through my weight loss journey. She is dedicated to helping me lose weight and the flaps on my arms. Gail makes the class fun and interactive.”

“Fantastic cardio workout! I greatly appreciate that is offered in the evening after work.”

“This class gets me energized. It's always more fun to work out to music. You're not in the class long before you feel like one of the 'family'.”

”



About Gail

Gail has been teaching aerobic classes for over twenty years. She credits exercise as helping her lead a healthier, happier, and less stressed life. In addition to teaching four classes weekly (Step on Monday/ Wednesday and Low Impact Aerobics on Tuesday/ Thursday, she works as the RCHS Bookkeeper/ Secretary. She is the mother of three grown young me and a grandmother to one very sweet granddaughter.

Gail's Fitness Motto: *“Just keep moving and keep exercising and love life!”*

Tips from the Team



Nutrition Tip of the Week

Be a healthy role model when it comes to food - kids look up to you!

- Show by example. Drink water and eat at a variety of foods including fresh fruits and vegetables, whole grains, lean protein, etc.
- Try new foods yourself. Talk with your child about the taste, texture, and smell
- Go grocery shopping together and teach your child about choosing healthy options and how to read a label
- Have your child help and be creative in the kitchen
- Reward with attention, not food
- Focus on the family at dinner

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

Fitness Tip of the Week

I'm a huge believer in the power of goal setting. However, goals can also be detrimental to our self-efficacy or can leave us feeling very frustrated and likely to quit, if they are not structured properly. Often times we unintentionally set unrealistic goals or goals that are focused on outcomes instead of behaviors. This is completely normal since we tend to focus on what we **want** to achieve (muscle gain, weight loss, improved 5K time, etc.) instead of **how** we will accomplish it (weekly exercise schedule, adequate hydration, mindful eating, etc.). If you focus on the steps you need to take, your chances of hitting your goal greatly improves. I know this isn't quite as easy as it sounds, so set up a time to meet with me one-on-one to discuss your goals. In addition, I can help you put together a training program to further help you with your fitness related goals. I, along with my awesome C2BF teammates, are here to help you. Email me to set up an appointment. I have availability starting the week of November 4th at the School Board Office.



Also, beginning in November, I will starting a weekly Wellness Motivational Club (I haven't thought of a snazzy name just yet) to lead up to the holidays. Whatever your goal may be, we will work on appropriate goal setting for the upcoming week and a daily schedule to get you in a routine of completing your healthy behaviors. Group meetings will likely be held at 4pm on Tuesdays. The weekly meetings will be held to increase motivation and assist with accountability. Email me at hjenkins@rappahannockschools.us if you are interested in joining this club. All participants will be given a weekly tracking workbook and I will need a rough idea of how many people are interested. Let's achieve our goals together!!!!

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



Healthy Kids Tip of the Week

Celebrating Halloween can mean fun parties and yummy treats for children. Provide trick-or-treaters healthier and low-calorie treats such as raisins, popcorn, or fruit. Also, parties can provide an opportunity to get in necessary physical activity with fun games.

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

Recipe of the Week

Greek Power Bowls

Servings: 4 Prep Time: 15 minutes Cook Time: 15 minutes Total Time: 30 minutes

Ingredients:

- 3/4 cup whole wheat couscous
- 1 (3/4-pound) globe eggplant, halved and sliced
- 2 medium zucchini, sliced into 3/4-inch rounds
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Kosher salt and freshly ground black pepper
- 2 Persian cucumbers, sliced
- 3/4 cup jarred roasted red peppers, drained
- 1/2 cup pitted kalamata black olives
- 2 ounces crumbled feta cheese
- 2 tablespoons chopped fresh parsley leaves

Red Wine Garlic Vinaigrette

- 3 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 1/2 teaspoons Dijon mustard
- 1 clove garlic, minced
- 3/4 teaspoon dried oregano
- Kosher salt and freshly ground black pepper, to taste



Directions:

1. To make the red wine garlic vinaigrette, whisk together red wine vinegar, olive oil, Dijon, garlic, oregano and 1 1/2 tablespoons water; season with salt and pepper, to taste.
2. Preheat oven to 425 degrees F.
3. Cook couscous according to package instructions; set aside.
4. Place eggplant and zucchini in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.
5. Place into oven and bake for 12-15 minutes, or until tender.
6. Divide couscous into bowls. Top with eggplant, zucchini, cucumbers, red peppers, olives and feta.
7. Serve immediately with red wine garlic vinaigrette, 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.