



commit to be fit

Weekly Newsletter

Monday, November 11th – Sunday, November 17th

Announcements

Gobble Gobble Good Time

Calling all turkeys (and runners/walkers) of all ages. Our annual Turkey Trot is back for another year!! This event includes a kids' ½ mile, the 1 mile trot, and Thanksgiving costume contest (kids and adults). See page 6 for the event flier or visit our registration page at www.rappc2bf.com/turkey-trot-2019. We hope that you can join us for this fun, annual event!



Meal Prep Monday Sign-up

Join us on Meal Prep Monday on November 18th at 4pm to prep Cilantro Lime Chicken! Plan to make two meals... *One to take home and one that will be donated to the Rappahannock Food Pantry.* Please let Mandi (abutler@rappahannockschoos.us) know which ingredient(s) you can bring by Thursday, Nov 14th.

This Week's Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	11 7:30am- Walking Group ●	12	13 7:30am- Walking Group ●	14 7:15am- RIP30 (video) ◇
Afternoon	4:00pm- Yoga ● 4:00pm- COW ◇	4:00pm- Goal Getters Registration & Welcome (School Board Office)	4:00pm- Meditation & Relaxation ●	4:00pm- Yoga ●
Evening		5:30pm- Low Impact Aerobics ◇	5:30pm- STEP ◇	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... Goal-Getters Workshop

Instructor Q&A with Holly Jenkins



How would you describe your class/workshop?

This club/workshop series will be meeting on Tuesdays for the next 6 weeks leading up to the winter break. Participants were given a registration sheet and asked to contemplate their goals. Based on their feedback, each participant will be given a personalized, daily workbook to use for the duration of the workshop. The purpose of this club is to work towards our wellness goals with the support of each other. In addition, each week we will cover a different topic. See the meeting dates and topics below.

November 12th- Tips for Eating Healthy Over the Holidays (with Mandi)

November 19th- Motivation and Adherence (not quitting)

November 26th- Portion Control Tips & Eating Healthy While Eating Out

December 3rd- More Hydration, More Sleep, Less Stress

December 10th- Physical Activity and Exercise

December 17th- Finding Support- Getting Family/Friends Involved

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

It's not too late to join in. Email me at hjenkins@rappahannockschools.us by Monday, November 12th to register. All wellness goals are welcome.

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

There are strength in numbers. Goals are much easier to achieve when you work towards them together. Truthfully, most of us know the steps to take to reach our health goals, but it's easy to lose motivation or slip into an old routine. The support and accountability of the group helps to promote adherence. Plus, I will be sharing helpful tips along the way.

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

I love **everything** about the C2BF program! But I have to say that I am incredibly thankful for all of our awesome participants.  I am also very grateful to the PATH Foundation for providing us with this amazing opportunity to offer a variety of FREE classes.

About Holly

I am grateful to be a part of this amazing program in the community that I have called home for the majority of my life. I am a graduate of the University of Virginia and had worked in the fitness industry for 11 years at a local gym as an Assistant General Manager and Director of several departments: personal training, group fitness, and Weight Right (health coaching) before joining the C2BF team. Prior to falling in love with the fitness industry, I worked in the advertising/marketing field. I am both a Certified Personal Trainer and a Certified Health Coach (both through the American Council on Exercise). In addition, I hold several fitness/nutrition specialties: Master Fitness Trainer (National Federation of Professional Trainers), Youth Exercise Specialist (National Academy of Sports Medicine), Sports Conditioning Specialist (American Council on Exercise), and Fitness Nutrition Specialist (National Federation of Professional Trainers). Also, I am a certified Revo2lution Running Trainer (Run-Fit) and am certified to teach a variety of different group exercise programs and formats. Finally, I am currently working towards a master's degree in Health Education through the University of Alabama. My hobbies include learning (hence the multiple specialties and certs), running, water sports, Crossminton, traveling, aerial yoga, and spending time with my 4 amazing children. Finally, I feel extremely honored to be a part of each of your wellness journeys.



Happenings & Highlights

October Wellness Warriors



Cecilia Kelly-Kubricki (PreK) Hannah Lind (Kindergarten) Harper Hanback (1st grade) Bryce Wharton (2nd grade) Dorothy Reder (3rd grade) Aaron Mozingo (4th grade)

Join us in congratulating our first ever Wellness Warriors for the month of October! Each month one student per grade level (PreK- 4th) will be recognized for outstanding effort in the Brain STAR Action Based Learning (ABL) Lab: This includes trying their best, following directions at each station, respecting their classmates, being kind to others, and being a Brain STAR! In addition to being recognized in our newsletter, our monthly Wellness Warriors will be featured on a bulletin board outside of the lab. Each one will be filling out a little About Me card that includes their favorite vegetable, favorite fruit, and favorite ABL station. Next time you are in the Elementary School, be sure to stop by the ABL and check out the bulletin board. Way to go, Wellness Warriors!!

Staff Kindness Challenge



During the month of October, RCPS staff competed in a Kindness BINGO Challenge. Everyone was given a BINGO sheet with different acts of kindness in each space. The staff were instructed to complete the different activities. If they marked off 5 activities in a row they would receive an entry into our prize drawing. If they completed all of the activities, their name was entered 5 times into the drawing. Join us in congratulating our Kindness BINGO Challenge Winners! **Colton Ball** (shown right) won the 1 hour massage from RPS Massage & Healing. **Amy Grady** won the Fall-themed goodie basket. **Shelley Shankle** (not pictured) won the Target gift card.

During the month of November, the RCPS staff members are competing in a Daily Gratitude Challenge.

Tips from the Team



Nutrition Tip of the Week

A goal to eat healthier becomes more achievable when you make a plan. Invest in yourself and set aside time to meal plan. Start off by picking a day and time to plan out meals for the week ahead. Consider which nights may be busy for your family and choose an easier recipe or one you can cook ahead of time. See what you currently have at home and create a list of what you need to buy at the grocery store. Get started by joining us for Meal Prep Monday on 11/18!

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

Fitness Tip of the Week

We just announced that our annual Turkey Trot will be held on Thanksgiving Day! This is a 1 mile that is held on the RCHS Track. Back in the day, we did the traditional 5K on the cross country course, but we switched it to this shorter format in 2018. The reason behind the switch is so that it is more family friendly and something that most everyone can do. And notice I said “most everyone” because I am one of the folks that cannot (thanks, broken ankle). But in all seriousness, whether you can run a 4:10 mile or walk at your own pace, we invite everyone to come out and participate in this festive, fun event. We will be having a Thanksgiving themed costume contest as well for adults and kids!! My fitness tip is to come out and join us at 8am on Thanksgiving morning. And even if you don’t complete the entire mile, do what you comfortably can. This event isn’t about being the fastest. It’s about community celebrating the joy of thankfulness and physical activity. But if it makes you feel any better, you are guaranteed to be faster than me!! ;) LOL I hope to see you all there!

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



Healthy Kids Tip of the Week

Help your children prevent colds by encouraging them to wash their hands with hot water and soap for 20-30 seconds. For younger children, make it fun by having them sing a song set to the tune of **Row, Row, Row Your Boat** while they are soaping up their hands.

***“Wishy-washy, wishy-washy germs that can’t be seen.
Scrubby, scrubby, scrubby, scrubby now my hands are clean.”***

Repeat for a total of 3 times to ensure that they are washing for the appropriate length of time.

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

Recipe of the Week

Slow Cooker Cilantro Lime Chicken

Servings: 6 Prep Time: 10 Minutes Cook Time: 8 Hours Total Time: 8 Hours 10 Minutes

Ingredients:

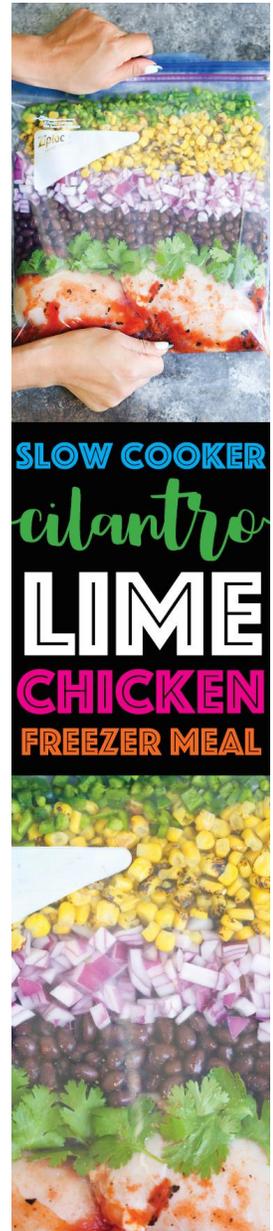
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (10-ounce can) Ro*Tel® Mild Diced Tomatoes & Green Chilies
- 1 cup corn kernels, frozen, canned or roasted
- 1/2 cup salsa, homemade or store-bought
- 1/2 cup chopped fresh cilantro leaves
- 1 red onion, diced
- 1 jalapeño, diced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 4 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- Juice of 2 limes

Directions:

1. In a gallon size Ziploc bag or large bowl, combine chicken, beans, tomatoes, corn, salsa, cilantro, onion, jalapeno, cumin, chili powder and garlic. Place in freezer for up to 1 month.*
2. Place chicken mixture into a 6-qt slow cooker; season with salt and pepper, to taste. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours. Stir in lime juice.
3. Serve immediately.

**Thaw chicken mixture for 12-24 hours prior to adding to the slow cooker.*

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.



FREE, FAMILY

TURKEY TROT

Thanksgiving, 11/28
RCHS Track

SCHEDULE OF EVENTS

Kids' 1/2 Mile- 8:00am

1 Mile Run/Walk (& Kids' Activities)- 8:30am

Costume Contest (all ages)- 9:00am



REGISTER ONLINE AT www.rappc2bf.com/turkey-trot-2019