



# commit to be fit

**SY 2021-2022 Report**

**Year 5: Global Outreach & Sustainability**

*Generously Funded by*



**PATH FOUNDATION**

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**Note about COVID-19:** Due to the COVID-19 pandemic, safety mitigation procedures were in place to ensure the safety of our staff and students. Commit to Be Fit had to make adjustments to our regular programming, which included temporarily discontinuing our community group exercises classes for the 2021-2022 school year. The team was tasked with finding creative solutions to continue our wellness promotion efforts during this unprecedented time. While we are looking forward to resuming many of our pre-pandemic activities, a few of our initiatives were proven to be quite successful and will hopefully continue beyond this time.



Commit to Be Fit is an award winning, grant funded, school supported program in a rural Virginia county that is geared towards creating a healthier culture in three key areas: cafeteria, classroom, and the community. Realizing that academic performance is strongly correlated to healthy minds and bodies, wellness and healthy lifestyles have become an integral part of our educational culture. The Commit to Be Fit program was presented an award by Governor McAuliffe as the recipient of the 2017 Virginia School Board Association’s Food for Thought Competition for wellness/physical activity. This program is generously funded by the generosity of the PATH Foundation.



**A Three-Pronged Approach to Creating a Culture of Wellness**

**Meet the SY 21-22 C2BF Team**



**Jackie Tederick, M.Ed.**  
C2BF Wellness Integration  
Coordinator  
*RCPS Food Service  
Supervisor*



**Hollyann Jenkins, M.A.**  
C2BF Wellness Integration  
Specialist  
*RCPS Public Relations & Digital  
Communications Officer*



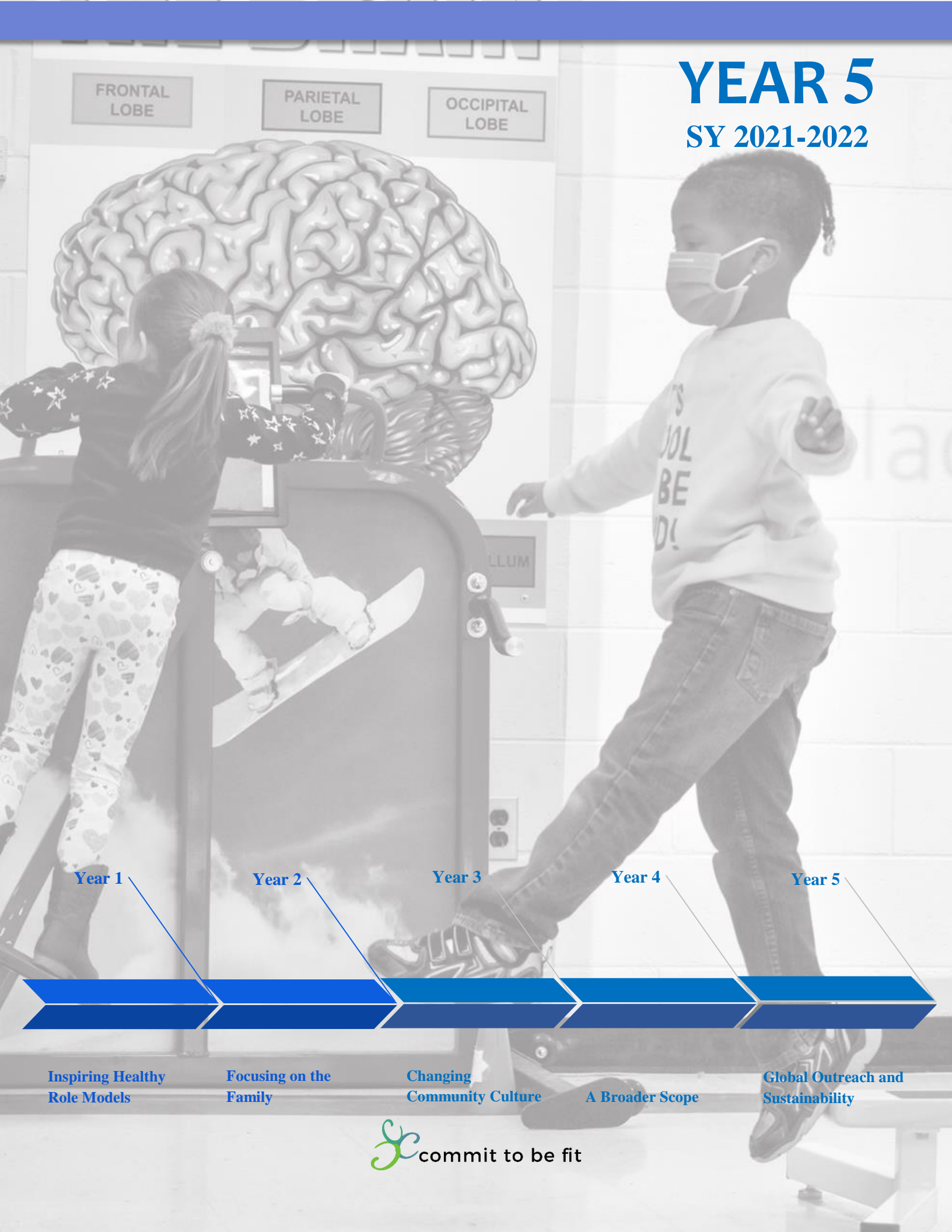
**Jermey Gates**  
ABL Facilitator



**Dr. Shannon Grimsley**  
PI of Grant  
*RCPS Division  
Superintendent and  
Cheerleader In Chief*

# YEAR 5

SY 2021-2022



Year 1

Year 2

Year 3

Year 4

Year 5

Inspiring Healthy  
Role Models

Focusing on the  
Family

Changing  
Community Culture

A Broader Scope

Global Outreach and  
Sustainability



**cafeteria**





### Kids' Cooking Club

Commit to Be Fit was excited to offer our Kids' Cooking Club during the school day throughout SY 21-22! Held during the RCES monthly Jr. Panther Pride Club event, C2BF provided a variety of cooking opportunities for multiple grade levels. Students prepared an assortment of age appropriate items such as homemade salsa, mini pizzas, smoothies, fruit kabobs, and more. During November, the young cooks learned how to prepare, season, and cook many Thanksgiving favorites, including turkey, potatoes, and green beans. Yum!







## Student Grown Vegetables & Herbs

Brain cells weren't the only things growing in the RCES Action Based Learning Lab. The students grew their own herbs and vegetables! On March 2nd, classes added seeds to rock wool cubes, which were then sprinkled with vermiculite and water. Later, the plants were transferred to a tower garden. Then, in April, the Cooking Club made mini pizzas and homemade salsa using fresh basil and cilantro that students had grown on the ABL lab tower garden. The participants enjoyed the yummy treat and were excited to incorporate the homegrown herbs.

Following the success of the ABL Tower Garden, Commit to Be Fit built outdoor, raised beds. The ABL students enjoyed planting tomatoes, peppers, squash, sunflowers, kale, and several herbs in the springtime.







## Harvest of the Month

Commit to Be Fit was thrilled to have Ms. Elizabeth Beling, Regional Farm to School Liaison, visit RCES to promote the Harvest of the Month. The students had an opportunity to sample each month's featured vegetable/fruit, while learning how they are grown and their nutritional value. Additionally, ABL students conducted an experiment that encouraged students to make predictions on whether fruits and vegetables will sink or float based on their size and density. The children enjoyed testing their predictions by dropping the fruits and veggies in a tub of water while learning fun tidbits about each one. There was lots of cheering and laughter when they guessed correctly. Also, C2BF created fun "critters" out of the featured harvest to further engage the students. Critters included a butternut squash guinea pig, a crab apple, and a bell pepper octopus.

This learning opportunity was made possible by a grant from PATH Foundation and No Kid Hungry, which was awarded to Rappahannock-Rapidan Regional Commission to hire a farm-to-school liaison to promote food access and healthy eating throughout the region (Culpeper, Fauquier, Madison, Orange, and Rappahannock).



## POP (Power of Produce) Bucks Market Bags

Commit to Be Fit was excited to offer the POP Bucks program during the 2022 Farmers Market season. Thanks to a PATH Foundation grant, the POP Bucks program provides access to local food and supports our local farmers at the Rappahannock Farmer's Market. During the 2022 season, EVERY Rappahannock County Public Schools student had the opportunity to redeem a POP Bucks Market Bag, which included local produce, protein, bread, and more!

*Shown Right- Jermey poses with some of the participating farmers.*





### Staff Farmers Market

Commit to Be Fit hosted its highly-anticipated Staff Farmers Market for all RCPS staff in November and May. Held in the Auxiliary Gym parking lot at the elementary school, local farmers set up beautiful displays of their market goods for the staff to select from during the event. All staff members were provided with a market bag and tickets to exchange for food as they shopped among the different farmers' tables. This year's assortment included vegetables, herbs, protein, bread, fruits, apple butter, honey, jams, jellies, and much, much more! The fall event included six local farmers: Wholehearted Health Foods, Thornton River, Jenkins Fruit Stand, Farm at Sunnyside, Gardens of Khmet, and Bean Hollow Grassfed. The spring market included eight vendors: Jackalope Ridge, Wholehearted Health Foods, Thornton River Orchard & Market, Roger Jenkins Fruit Stand, Boe's Produce Stand, Peak View Gardens Farm, Gardens of Khmet, and Bean Hollow Grassfed.







**classroom**





### Brain STAR Action Based Learning (ABL) Lab

Our Action Based Learning (ABL) Lab was filled with lots of laughter, smiles, and physical activity this year. Students continued to engage in purposeful movements that build stronger, healthier bodies and promotes academic success in the classroom. Students rotated through a series of 10 stations which focus on key developmental movement foundations: proprioception, cardio, vestibular development, visual tracking, gross motor, fine motor, strength, rhythm and beat, balance, and cross lateralization. Stations were switched regularly after the mastery of skills to provide new challenges.







## Additional ABL Uses

### Reboot 20

During SY 21-22, Commit to Be Fit offered Reboot 20 slots to assist with remediation. RCES teachers were able to book the lab for students to review content in our curriculum integration stations. While curriculum integration is not a new concept for the lab, we were excited to have the timeslots available to offer it on a regular basis in addition to our ABL exploratory. The Reboot 20 does not look like the typical ABL exploratory classes with music, flashing lights, and other fun movement-based activities designed to fill developmental movement gaps. Rather, this dedicated time will solely be used to review provided content/curriculum along with purposeful movement. Movement anchors learning. Research shows that reviewing curriculum with movement strengthens the memory pathways.

*Shown Right: Student says the sight word aloud before moving to the next rung/word.*



### Take a Moment

This year, the ABL Lab transformed into a relaxation zone. When not in use by ABL movement classes, the lab offered a “Take a Moment” time which included calming music and soothing visuals designed to ease stress and induce relaxation. Staff and students were invited to come in for a calming break anytime the “Take a Moment” sign is placed in the hallway. The lab was stocked with bean bag chairs to complete the relaxation experience.

### Morning Energizer

Before the start of each school day, the ABL Lab hosted a morning energizer club for elementary students. The students have an opportunity to dance to upbeat music and colored disco lights while the follow-along dance instructions were projected on the wall. The students agreed that it was a fun way to start the school day!

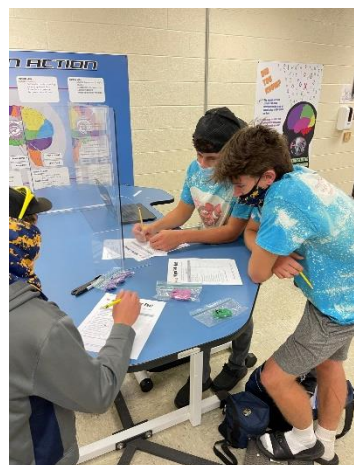
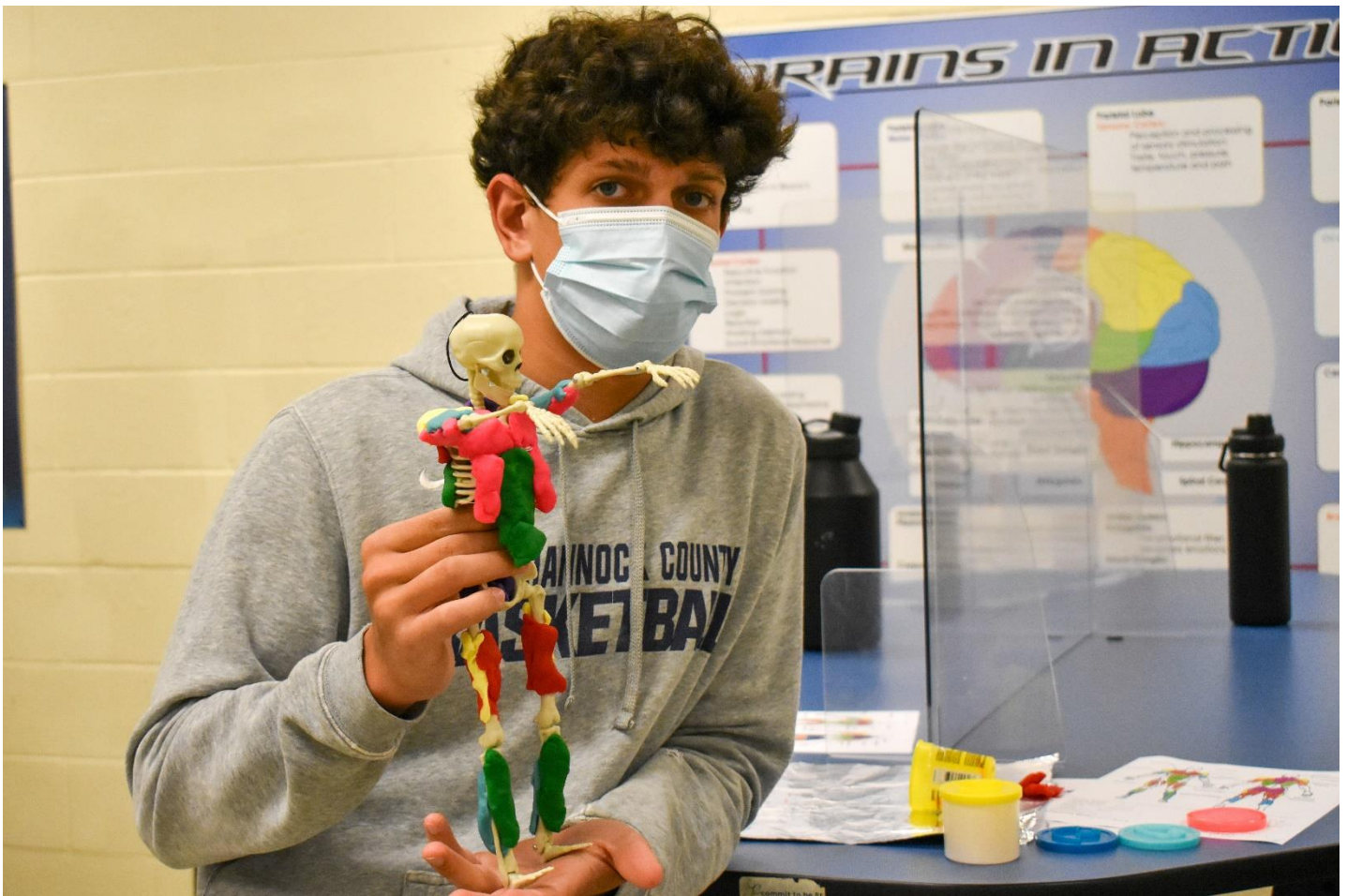






### Personal Wellness & Nutrition Elective Class

Jackie Tederick and Holly Jenkins taught a new elective class, Personal Wellness and Nutrition for RCHS students. Similar to C2BF's original Nutrition and Personal Fitness class, this class included multiple dimensions of wellness to promote a balanced approach to personal well-being. Students learned the importance of stress reduction techniques, sleep, social wellness, financial wellness, emotional wellness, and much, much more.







### Kindness Week

Commit to Be Fit promoted a Commit to Be Kind Challenge with RCES students throughout the week of February 14th. During lunchtime, students had the opportunity to spin the Random Acts of Kindness Wheel to randomly select their kindness activity. Each participating student was given a kindness activity heart and was asked to complete the act of kindness sometime during the week. Once the activity was completed, they returned the heart to the ABL for Mr. Gates to add to the C2BF Kindness bulletin board. At RCHS, students and staff were encouraged to take and share photos at the BE KIND photo station to promote awareness of the importance of spreading kindness.



### Cardio Drumming

Rhythm and beat is an important component of the RCES Action Based Learning (ABL) Lab. Studies suggest that children's ability to hear and keep a steady beat correlates with early math and literacy skills. A growing body of research suggests that cardio drumming, which incorporates a steady beat, increases cognitive functioning and further synchronizes both hemispheres of the brain. During SY21-22, ABL students learned cardio drumming routines. This energizing activity enhances mood and improves physical activity. Plus, it's fun for all ages!



### Classroom Movement Competition

C2BF held a Classroom Movement Competition for all RCES teachers from March 21st- April 22nd. Teachers earned points by completing a variety of activities: book a Reboot 20 session, watch a classroom movement webinar, lead active lessons, complete Daily 15 walks, and provide brain breaks.

  
**Classroom Movement  
COMPETITION**

March 21- April 22

PreK- 7th Grade





community



## 12- Week Transformation

With the increase in the COVID-19 cases in our community, Commit to Be Fit decided to postpone the in-person group fitness classes. As a result, we pivoted to an online format and launched a new at-home program, Transformation. This 12-week exercise program was designed to help staff and community members make a personal transformation, whether it was in body composition, or simply adopting regular exercise habits. Participants received monthly booklets and a weekly email that specified cardio and strength training exercises to complete. Modifications for exercises were supplied to accommodate all fitness levels. Additionally, we had a Transformation FB group for social support and daily motivational tips. In total, we had 158 community members participate in the 12-week program.

commit to be fit  
**TRANSFORMATION**

**ONE HUNDRED & FIFTY EIGHT**  
PARTICIPANTS STRONG

commit to be fit  
**TRANSFORMATION**

**ONE HUNDRED & FORTY-TWO**  
PARTICIPANTS STRONG

## 8- Week Transformation

Following the success of the online Transformation program, Commit to Be Fit offered an 8-week, at-home strength training program. Similar to its 12-week predecessor that was offered in the fall, we surveyed those participants to see how we could make it even more effective! Based on that feedback, we rolled out a shorter, more streamlined format that includes video in addition to the photo tutorials. In total, we had 142 community participants.

### Sample of Weekly Transformation Handout

**Week 5**

**Lower Body (Monday & Thursday)**

**Dead Bugs:** 8 reps per side (1 set)  
Total: Complete 3 sets with 15 second rest in between (pace: moderate)

**Circuit:** Complete all exercises before repeating:

- Squat Hops:** 10x (pace: fast) Low Impact Mod/Custom: Sumo Squats
- Walking Lunges:** 8x per side (pace: moderate)
- Glute Bridge:** 12x (pace: moderate)

**Rest:** for 45 seconds

**Repeat circuit 3 times**

**Single Calf Raises:** 15x per side (1 set)  
Total: Complete 3 sets with 15 second rest in between each set. (pace: moderate)

View all modifications on page

**Upper Body (Tuesday & Friday)**

**Push-up Challenge:** 10x (1 set)  
Total: Complete 3 sets with 45 seconds rest in between (pace: moderate)

**Upright Rows:** 10x (1 set)  
Total: Complete 3 sets with 45 seconds rest in between (pace: moderate)

**Concentration Curls:** 8x per side (1 set)  
Total: Complete 3 sets with 45 seconds rest in between (pace: moderate)

**Single Leg Tricep Dips:** 10x (1 set)  
Total: Complete 3 sets with 45 seconds rest in between (pace: moderate)

**Rope Climb:** 30 seconds (1 set)  
Total: Complete 3 sets with 30 seconds rest in between. (pace: moderate or fast)

View all modifications on page

**\*Be sure to warm-up before every workout and stretch immediately following every workout. Refer to the booklet for a warm-up and stretches.**

**RECOMMENDED WORKOUT SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Lower Body	Upper Body	Rest	Lower Body	Upper Body	Active Recovery Day & Rest Day

While you do have flexibility on when to perform the workouts during the week, be mindful to never complete the same workout on two consecutive days. If you do upper body on Monday, do not repeat it until Tuesday.

**Dead Bugs**

Start with your back flat on the floor, knees bent at 90 degrees, feet flat on the floor. Lift your head and shoulders off the floor, keeping your lower back on the floor. Hold for 10 seconds, then lower back to the floor. Repeat for 8 reps per side.

**LOWER BODY WORKOUT**

**Squat Hops**

Stand with feet hip-width apart, toes slightly out. Squat down, then hop up. Repeat for 10 reps.

**Walking Lunge**

Step forward with your right foot, lowering your hips until both knees are bent at 90 degrees. Push back up to the starting position. Repeat for 8 reps per side.

**Glute Bridge**

Lie on your back with knees bent and feet flat on the floor. Lift your hips until your knees, hips, and shoulders form a straight line. Hold for 10 seconds. Repeat for 12 reps.

**Single Calf Raises**

Stand with feet hip-width apart. Rise up on your balls of feet as far as you can. Hold for 10 seconds. Repeat for 15 reps per side.

**UPPER BODY WORKOUT**

**Push-ups**

Start in a plank position with your body in a straight line. Lower your chest to the floor, then push back up. Repeat for 10 reps.

**Upright Rows**

Stand with feet hip-width apart. Hold a dumbbell in each hand with your arms at your sides. Lift the dumbbells up towards your chest, leading with your elbows. Repeat for 10 reps.

**Concentration Curls**

Stand with feet hip-width apart. Hold a dumbbell in each hand with your arms at your sides. Curl the dumbbells up towards your chest, leading with your elbows. Repeat for 8 reps per side.

**Single Leg Tricep Dip**

Stand with feet hip-width apart. Step one foot back and place it on a chair or bench. Lower your body down until your triceps are at a 90-degree angle. Repeat for 10 reps per side.

**Rope Climb**

Stand with feet hip-width apart. Grasp the rope with both hands. Pull your body up until your chin is over the rope. Repeat for 30 seconds.

**POSSIBLE MODIFICATIONS**

Below are some possible modifications to substitute in place of yourself exercises. If you have any questions about the modifications, please email: [info@committofit.com](mailto:info@committofit.com). As a reminder, this is a general at-home program and may not be suitable for everyone. Your choice to use your medical history and/or range of motion is your personal choice. If you have any health issues, please make sure that you are consulting your doctor if you have questions.

**Bird Dog**

Start on your hands and knees. Lift your right arm and left leg at the same time, holding them parallel to the floor. Hold for 10 seconds. Repeat for 8 reps per side.

**Wall Push-ups**

Stand with feet hip-width apart. Place your hands on a wall in front of you. Lower your chest to the wall, then push back up. Repeat for 10 reps.

**Walls Sit with Taps**

Stand with feet hip-width apart. Place your hands on a wall in front of you. Lower your body down until your thighs are parallel to the floor. Tap your feet out to the sides. Repeat for 10 reps.

Exercises	Possible Modifications
Dead Bug	Ball Drop
Squat Hops	Sumo Squat (feet wider than hips)
Walking Lunges	Halfway Lunges (from one leg)
Glute Bridge	Halfway Bridge (from one leg)
Single Calf Raises	Halfway Calf Raises (from heel)
Push-ups	Wall Push-ups
Upright Rows	Halfway Upright Rows (from one leg)
Concentration Curls	Halfway Concentration Curls (from one leg)
Single Leg Tricep Dip	Halfway Single Leg Tricep Dip (from one leg)
Rope Climb	Standing on a low step (like a box)

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# STEPS CHALLENGE

First off, determine your step goal. The average goal is 10,000 steps per day. However, for some, this may not be a realistic goal. For others that are already very active, this may not be a challenge. To find your goal, determine how many steps you are averaging during a normal day. Then, increase that number to a target that is challenging but still attainable. Write your step goal below. Then for each day, record if you reached your step goal. This challenge runs from October 1<sup>st</sup> - October 31<sup>st</sup>.

**Goal:** \_\_\_\_\_ **Steps per Day** \_\_\_\_\_

Oct. 1	Steps:	Did you reach your goal?	Yes	No	Oct. 17	Steps:	Did you reach your goal?	Yes	No
Oct. 2	Steps:	Did you reach your goal?	Yes	No	Oct. 18	Steps:	Did you reach your goal?	Yes	No
Oct. 3	Steps:	Did you reach your goal?	Yes	No	Oct. 19	Steps:	Did you reach your goal?	Yes	No
Oct. 4	Steps:	Did you reach your goal?	Yes	No	Oct. 20	Steps:	Did you reach your goal?	Yes	No
Oct. 5	Steps:	Did you reach your goal?	Yes	No	Oct. 21	Steps:	Did you reach your goal?	Yes	No
Oct. 6	Steps:	Did you reach your goal?	Yes	No	Oct. 22	Steps:	Did you reach your goal?	Yes	No
Oct. 7	Steps:	Did you reach your goal?	Yes	No	Oct. 23	Steps:	Did you reach your goal?	Yes	No
Oct. 8	Steps:	Did you reach your goal?	Yes	No	Oct. 24	Steps:	Did you reach your goal?	Yes	No
Oct. 9	Steps:	Did you reach your goal?	Yes	No	Oct. 25	Steps:	Did you reach your goal?	Yes	No
Oct. 10	Steps:	Did you reach your goal?	Yes	No	Oct. 26	Steps:	Did you reach your goal?	Yes	No
Oct. 11	Steps:	Did you reach your goal?	Yes	No	Oct. 27	Steps:	Did you reach your goal?	Yes	No
Oct. 12	Steps:	Did you reach your goal?	Yes	No	Oct. 28	Steps:	Did you reach your goal?	Yes	No
Oct. 13	Steps:	Did you reach your goal?	Yes	No	Oct. 29	Steps:	Did you reach your goal?	Yes	No
Oct. 14	Steps:	Did you reach your goal?	Yes	No	Oct. 30	Steps:	Did you reach your goal?	Yes	No
Oct. 15	Steps:	Did you reach your goal?	Yes	No	Oct. 31	Steps:	Did you reach your goal?	Yes	No
Oct. 16	Steps:	Did you reach your goal?	Yes	No					

Email the TOTAL NUMBER OF DAYS YOU REACHED YOUR GOAL to [hjenkins@rappahannockschoos.us](mailto:hjenkins@rappahannockschoos.us) by Tuesday, November 2<sup>nd</sup>. For each day, you will receive an entry into our prize drawing. One winner will receive an air fryer!!!

Commit to Be Fit hosted a KINDNESS CHALLENGE for Random Acts of Kindness Week on February 14<sup>th</sup>. To play, participants had to complete the act of kindness on each square on the game board until they reached the finish line! Each player that reached the finish line by February 20<sup>th</sup> was entered into a prize drawing for a kindness gift basket.



### 200 Editions of the Community Newsletter

On February 28, 2022, we celebrated our 200th edition of the Commit to Be Fit Newsletter! The newsletter first debuted in October 2016 and featured a single tip of the week, upcoming activities, and a featured recipe. We are grateful that this weekly communication tool has been so well-received and is still going strong after 5 years!

### Additional Community Challenges

To participate in the STEPS CHALLENGE, individuals had to create their own realistic daily goal. Then, during the month of October, they had to keep track of their steps and whether or not they achieved their personal goal. For each day they reached their step goal, they received one entry into the prize drawing. This served as great motivation and provided increased awareness of physical activity.

### Random Acts of Kindness

Starts February 14th

**START**

- SMILE AT LEAST 3 PEOPLE
- HOLD THE DOOR FOR SOMEONE
- CHECK IN ON A FRIEND
- SAY HI TO SOMEONE NEW
- MAKE SOMEONE LAUGH
- GIVE A SINCERE COMPLIMENT
- OFFER TO HELP
- ASK SOMEONE ABOUT THEIR DAY
- WRITE A GOOD REVIEW ONLINE
- TELL SOMEONE THANK YOU
- LISTEN TO OTHERS IDEAS
- WAVE AT 2 PEOPLE
- PRACTICE BEING KIND TO YOURSELF
- DO A KIND DEED
- MAKE SOMEONE SMILE
- PRACTICE GRATITUDE
- WRITE A KIND NOTE

**FINISH**

### Who's Ready to Play a Kindness Game?

**RULES:** The rules are simple. Beginning on start complete the act of kindness on each square on the game board until you reach the finish line! The game begins on Monday, February 14th and ends on Sunday, February 20th.

**WHO CAN PLAY:** Any Rapp resident or employee, ages 18 and older (we will be doing other kindness activities in the schools).

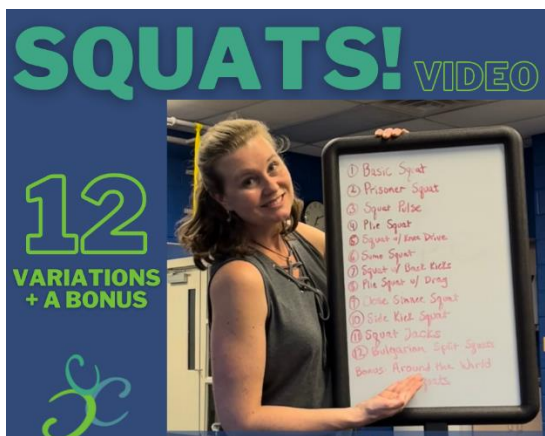
**PRIZE DRAWING:** If you reach the finish line by Sunday evening, email [hjenkins@rappahannockschoos.us](mailto:hjenkins@rappahannockschoos.us) by Monday, February 21<sup>st</sup>. You will be entered into our prize drawing. Please note- unlike our other challenges, you must complete all activities to reach the finish line.

**PRIZE:** One lucky winner will receive a prize basket filled with kindness-related goodies valued at \$100! The prize items include a Cup of Happy travel cup, candle, LOVE appetizer dishes, Spread Kindness ceramic sign, heart canister and mug set, a super soft throw, a \$15 Starbucks gift card, and basket.





Don't forget to register for the  
**TURKEY TROT!**



### Additional Community Offerings & Collaborations

**Turkey Trot-** This year's virtual Turkey Trot was a huge success! With 129 people participating in this fun, family-friendly event, it was our LARGEST Turkey Trot to date.

**Soccer Benches-** After hearing about the need for new soccer benches at RCES, Commit to Be Fit collaborated with the RCHS building trades class to benefit the youth sports program. The high school students built four sturdy benches in record time for the younger soccer players to use during games and practices.

**Full-Length Video-** Commit to Be Fit released a new, full-length workout video, Squats: 12 Variations + a Bonus! This workout was designed to strengthen the quads, glutes, hamstrings, adductors, and more! In total, there are exactly 200 squats!! However, participants were encouraged to listen to their body and rest as needed. This video is available on the C2BF website.

**Field Day Activities-** Commit to Be Fit had the honor of pairing up with Headwaters Foundation to offer a field day activity during one of Headwater's After School Enrichment Programs. The team designed a circuit style activity filled with field day activities such as bean bag balance race, potato sack hop, spoon race, and more. The older students ended the workshop with a fun tug-of-war competition.

**Staff Meal Prep-** Led by Ms. Katherine Todd, Commit to Be Fit hosted an RCPS staff meal prep workshop in October. The participants each brought an ingredient to share and left with a baggie filled with yummy Creamy Chicken Chili ingredients to cook at home.

**PTO Support-** Commit to Be Fit had the honor of co-sponsoring the PTO Fun Run Fundraiser at RCES. This exciting, movement-based fundraiser provided additional physical activity for students while raising money for the basketball courts at the elementary school.

**Crunch Heard Round the Commonwealth-** Commit to Be Fit celebrated the 4<sup>th</sup> Annual Crunch Heard Round the Commonwealth on October 5<sup>th</sup>. Students and staff taste-tested Golden Delicious and Red Delicious apples from Roger Jenkins' Fruit Stand in Sperryville.

**Balance and Strength Class-** The Balance and Strength class continued to be a hit with Rapp at Home members. The class, which was held twice a month in the Fall of 2021, included balance drills and strengthening exercises for both the upper and lower body.

# Community Feedback

Staff & Community- Reported Anonymously

***“AWESOME incentives, GREAT AND CONSISTENT encouragement, PROFESSIONAL AND WELL-DESIGNED physical fitness regimen.”***

***“Just a quick note of gratitude for all your time and effort helping us ride the health and wellness train this year. Weekly newsletters (tips and recipes!!), Farmers Markets, transformation exercises, competitions, etc., etc... all to keep us healthy. Please know that you are greatly appreciated. Thank you!”***

***“What an amazing opportunity to learn and work together as a school community on our fitness goals. Thank you PATH Foundation!”***

***“My kids joined me (for Transformation) on many days and it opened up lots of good conversation about taking care of your body!”***

***“I am so grateful you are offering this (Transformation) and for your amazing motivation. It has helped me get out of an unhealthy rut and bring fitness and nutrition back into my everyday. 😊 Even though it would be great to be in person for some classes again, I am happy I did this program.”***

***“The 12-week Transformation exercise program was beneficial to many of us who have lost much of our physical strength and flexibility over the years. Being able to complete the exercises at home on our own schedule was also especially helpful in keeping us on track. We also received excellent support and encouragement from the C2BF team throughout the program, which was a definite plus. I hope this program will be offered again in the future.”***

***“Thank you, PATH, for supporting this virtual program. Living where we do makes it so valuable to be a part of a program that leaves us with no excuse to miss class!!!”***

***“The Transformation program was well planned and included modifications for any fitness level. Communication about the program was uplifting and encouraging. This program was first rate. Well done!”***

***“Thanks so much! Love the program!”***



### Presentations

#### April 2022- National School Boards Association Annual Conference

In April, Dr. Shannon Grimsley, along with Holly Jenkins, Carlos Seward, Chris Ubben, and Michele Fincham, had the honor of presenting at the National School Boards Association’s Annual Conference in San Diego, CA. The team each shared the many programs that RCPS offers to prepare students for life after graduation, whether it be for employment, enrollment, or enlistment. The Agriculture and Health Sciences certifications were highlighted along with Commit to Be Fit’s wellness initiative for students, which instills healthy lifestyle habits.

Additionally, while at the national conference, Holly Jenkins led a roundtable presentation entitled, “*Creating a Culture of Wellness for All.*” This discussion provided school board members with helpful tips to successfully implement wellness initiatives to benefit staff and students in their own divisions.



#### April 2022- SHAPE America National Conference

The Commit to Be Fit team had the honor of presenting at the Society of Health and Physical Educators (SHAPE America) National Conference on Friday, April 29th. During the session entitled, “*Opening Doors: Creating a Culture That Embraces Classroom Physical Activity,*” the team shared tips for increasing engagement and community using the Comprehensive School Physical Activity Program framework. Held in New Orleans, the week-long conference provided amazing networking opportunities and for C2BF to hear other beneficial ideas to bring back to Rapp!





### Looking Ahead at SY22-23

Our theme for SY22-23 is Reboot & Reimagine Wellness. Commit to Be Fit *rebooted*/ relaunched our free, in-person fitness and wellness classes for RCPS staff and the Rappahannock community in September. Dubbed the Commit Club, the programming during the first month included Yoga, Meal Prep, Meditation & Relaxation, Low Impact Aerobics with a Zumba Flair, Fitness Circuit, Monday Fun Day, and more! The class offerings and times were selected using data collected from a community-wide survey to determine needs and interests.

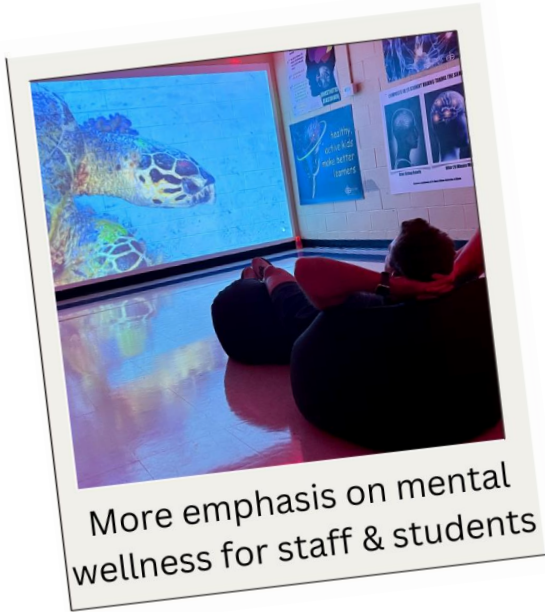
Additionally, we are *reimagining* our wellness offerings in our programming. Following the pandemic, C2BF has placed a larger emphasis on mental wellness as well as social wellness. Stay tuned for even more bigger and better offering from C2BF during Year 6.



### Research & Evidence-Based Practices

During SY 22-23, C2BF will continue to focus on research and evidence-based practices to strengthen key elements of our program, particularly investigating the relationship between movement integration and student achievement in the classroom.





More emphasis on mental wellness for staff & students



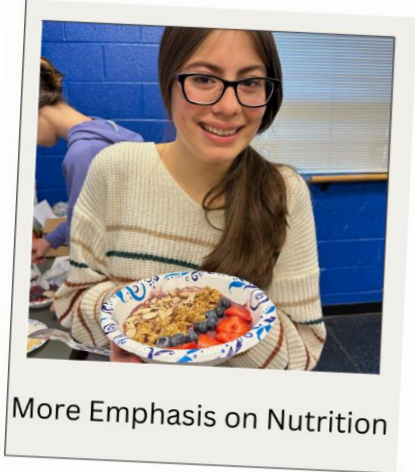
More Community Engagement



More Community Collaborations



More Unique Experiences in High School Class



More Emphasis on Nutrition



More Classes Benefiting from the Neuronasium



More Activities in ABL



More FUN!



And more!



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