commit to be fit

“A Three-Pronged Approach to School Wellness in a Rural Community”

Overview: Commit to be Fit (C2BF) is a grant-funded school wellness 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.

Our 3 C’s - Promoting Wellness in 3 Key Areas: Cafeteria, Classroom, & Community

Classroom
Commit to Be Fit promotes movement opportunities within the schools. We created an extensive database of classroom movement activities for educators. In addition, we offer an Action Based Learning lab in our elementary school (PreK-7th) and an alternative seating classroom in our high school (8th-12th).

Cafeteria
Commit to Be Fit provides healthier food options including increased local foods in the school cafeterias while promoting nutrition education for students, parents, and community members.

Community
Commit to Be Fit is dedicated to inspiring and motivating school employees and community members to become actively engaged in a healthier lifestyle and serve as healthy role models for the next generation. We offer free wellness contests, challenges, fitness classes, workshops, and family events.

Helpful Strategies for Wellness Implementation
Justify the “why” ● Identify your greatest needs ● Assemble your team: school admin, staff, student clubs, parents, etc. ● Be inclusive in decision making ● Create partnerships ● Be consistent ● Take small steps to systemic change

Contact Us

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Let Us Assist You!
Commit to Be Fit is available for presentations, professional development training, and consultation. Contact us today to assist in your school division.

www.rappc2bf.com