



ST. ANDREW'S WEEKLY REPORT

JULY 2020



IN THIS ISSUE

EXERCISE LESS, EARN MORE

STRENGTH TRAINING VS. CARDIO- WHICH IS BETTER FOR WEIGHT LOSS?

NUTRITION CORNER: HEALTHY ON A BUDGET

ST. ANDREW'S P&P ST. ANDREW'S FFP UPDATES

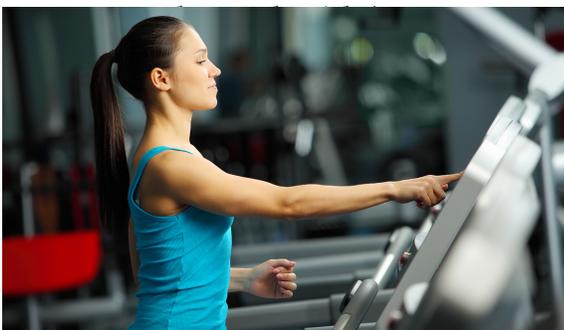
Exercise Less, Earn More

when it comes to exercise the traditional thought process has been, "more is better". If you're working harder and longer that should equal more results, right? Not necessarily. Over the past few years fitness has found a surprising loophole in getting fit- you don't have to spend hours working out to reach your goals. In fact the less you work, the greater your results and this is due to several reasons. One, people adhere to shorter workouts better. If you know you only need to commit 30-45 minutes (or less!) of your day to exercise you're more likely to keep that commitment, versus trying to cram a

one-two hour tedious session into your daily routine. Two, longer workouts can send your appetite (and cravings) spiraling. Long workouts can also trick your brain into entering the dangerous "I-deserve-this" mode, in which you look at all your favorite junk food and think, "I worked out for two hours I totally deserve this!" In truth, you put back in all the calories you just burned- and then some. Research has shown that shorter, more intense workouts suppress your appetite making it easier in the long run to lose weight and keep it off.

These types of intense, but short workouts also lead to results in half the time as more traditional steady-state training. More traditional training could be doing 30 minutes of cardio and 1 hour of lifting free weights and machines. Whereas, a shorter more intense workout could be a combination of free weight or body weight super sets with cardio Tabata drills mixed in. Done safely, these types of workouts can even be beneficial for seniors! If you're new to the idea of short, intense workouts it's best to seek the help of a fitness professional. Luckily, SAFFP has the FIT Small Group program for you. FIT stands for functional, intense training and each session is designed to be 45 minutes (this includes warm up and cool down!) for all adult fitness levels. For more information about the FIT program, please email our Fitness Director at eclark@standrewsfitness.com, or our FIT head coach, Mary Gioannetti, at magi8818@gmail.com. Want to try one of these workouts on your own? Check it out below and let us know what you think!

- **Foam Roller Sequence:** Lats and side glutes (1 minute each side)
- Dumbbell Side Bend + Medicine Ball Woodchop = 3 super sets
- Rest for 30 seconds at the end of all three super sets
- Kettlebell Standing Row + Dumbbell Deadlift into Upright Row = 3 sets
- Rest 30 seconds at the end of all three super sets
- Dumbbell Chest Press with Bridges + Push Ups
- Rest 30 seconds at the end of all three super sets
- **Foam Roller Sequence:** Single leg hamstring, quadricep, and calf (30



Strength Training vs. Cardio- which is better for weight loss?

Making it to the gym is half the battle, the other half is figuring out what is best to do when you get there. On one hand, cardio reigns king as the best method for *weight loss*. In other words, getting that number on the scale to trend downward. This is because cardio, in the short term, burns more calories than strength training. As far as the best type of cardio? Just apply what you learned from the above article!

Intervals (think short and intense bursts of energy with brief periods of cool down) will get more done in less time- efficiently burning more calories than steady-state cardio. Steady-state cardio, like walking or mild activity on an elliptical or bike, also burns calories but, it takes more time to burn a significant amount in one session.



On the other hand (and often on the other side of the gym) is strength training which will help you lose weight in a very different way. Strength training builds muscle, which takes up less space than fat and that equals noticeable changes in body composition. You won't burn as many calories during a strength training session but, the real pay off comes during the "after-burn"; a several hour period of time when your muscles are still firing on all cylinders after your session has ended. This long term calorie burn is due to the (good) stress you placed on your muscles from strength training. The more lean muscle you gain, the less fat you will have on your body and the more time your body will spend burning calories -aka working for you- even when you're not in the gym! The best workout plan? Always combine a mix of both for maximum results!





Nutrition Corner: Healthy Meals on a Budget

Eating healthy doesn't always mean expensive! Check out these budget friendly meals the whole family will enjoy!

Turkey meatloaf, combined with 1 cup mashed sweet potatoes and 2 cups steamed broccoli
Total Cost: \$3.28 per meal.



6 oz. Herb Encrusted Salmon with 1/2 cup of quinoa and 2 cups of fresh, steamed green beans.
Total Cost: \$3.85 per meal

6 oz. Mexian Crockpot Pork Loin with 1/2 cup of spiced black beans and 2 cups of lightly sauteed peppers and onions. Optional: add 1/4 cup of avocado to each meal.
Total cost: \$3.95 per meal



St. Andrew's Parks & Playground St. Andrew's Family Fitness Plus Updates

Please continue to support St. Andrew's Family Fitness Plus and our St. Andrew's Parks & Playground summer camps in this year's Charleston's Choice! [Please click here](#) to vote and make your gym the choice of Charleston! [Click here to vote for SAP&P camps!](#)



Morning Coffee Meditations

REFOCUS WITH SAFFP
INSTRUCTOR
JENNIFER GROVE
AND A GUIDED
MEDITATION 5 PART
WORKSHOP SERIES

BYOC! (bring your own coffee)





STUDIO SESSIONS MEET
EVERY SATURDAY
@ 10:15 AM
SAFFP UPSTAIRS STUDIO

VIRTUAL SESSIONS
BECOME AVAILABLE
EVERY MONDAY MORNING
VIA THE SAFFP FIT APP