



ST. ANDREW'S WEEKLY REPORT

JULY 2020



IN THIS ISSUE

HOW TO GET THE MOST OUT OF AT-HOME WORKOUTS

EASY DAILY HABIT CHANGES THAT CAN HELP YOU LOSE WEIGHT

RECIPE CORNER: SAVORY OATMEAL BOWL

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

workout done regularly is better than no workout at all. Fourth, although it isn't a need-investing in a couple of exercise bands, a pair of dumbbells and a mat will be extremely helpful. Finally, and most importantly, stay motivated! Commitment can be a challenge with at-home workouts. Motivation comes easier with the SAFFP Fit app. You can log your own workouts or have at-home sessions created just for you all located in a user-friendly smartphone app. Check out the app by visiting our website here. If you have any questions, or would like to try the app out for a week- please [click here and fill out the form.](#)

How to get the most out of at-home workouts

With the sharp increase of COVID-19 cases in South Carolina, many individuals have returned to at home workouts. Although convenient and more private- at home workouts can be a whole different type of challenge than an actual gym session. However, there are ways to ensure that you get the most of your at-home workouts ... no equipment (and no mask) required!

First things first, take the time to set up your own workout space specifically meant for you. Next, make sure this space is a "distraction-free zone". When you walk into it, no walking back out to do the laundry, dishes, etc. until you've completed what you walked in to do. Third, set up a routine that is realistic for your schedule. Even a 7 minute



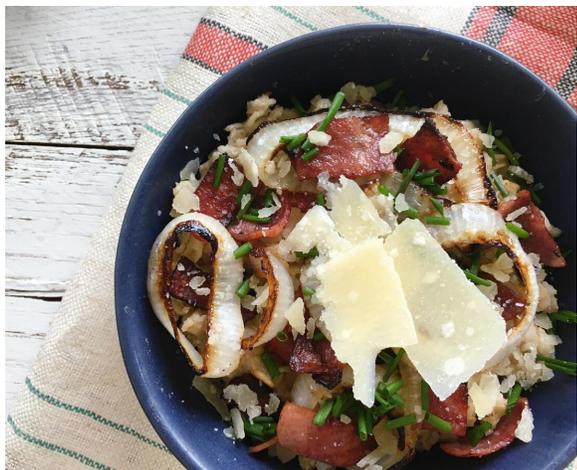
Daily habit changes can help you lose weight

by Emma Clark, St. Andrew's Family Fitness Plus Fitness Director

Losing weight can be tough, but it's made even tougher when we have added stress in our lives like most of us are currently experiencing. We also approach weight loss with ideas like eating less (or going on a crazy restrictive diet), drinking more water, and exercising are going to fix all of our problems. Although these are solutions, the root of not being able to lose weight can go much deeper than the obvious and drastic. That's why it's more important to focus on steady habit changes vs. dieting and guiltting yourself into exercise.

The first step in creating daily habit changes is to identify the areas of your life that might be preventing you from losing weight (lack of sleep, poor nutrition choices, chronic dehydration, sedentary lifestyle, stress, etc.) Second, choose just a couple of habits to focus on at a time. Choosing a couple of habits to change versus trying to change your entire life will allow you to progress without feeling overwhelmed (particularly if you're already dealing with stress). After choosing two habits, practice becoming more mindful of the choices you're currently making and then, slowly start to swap them for healthier choices. As the weeks go on, your habits begin to shift; and, over time your once sedentary, unhealthy lifestyle will be filled with wellness and self-care.

Habit changes can be a roller-coaster of progress (meaning you're going to have your great days and your could-have-been-better days) but the most important part of habit change is consistency over time. If you would like help identifying the habits you would like to change, please schedule a starting point session (virtual or in-person). A starting point session will allow you to privately discuss the habits that you would like to change and together, we can formulate a plan that you can realistically move forward with. To get started, please email eclark@standrewsfitness.com.



Recipe Corner: Savory oatmeal bowl

*We all know how to make oatmeal sweet-
but have you ever tried to make it savory?
Try this delicious turkey bacon, cheese
and sauteed onion oatmeal bowl!*

INGREDIENTS:

- **½ cup old-fashioned rolled oats**
- **1 cup water**
- **1 oz. turkey bacon, chopped**
- **1 teaspoon extra virgin olive oil**
- **2 tablespoons grated cheese of choice (parmesan is recommended)**
- **½ cup diced yellow onion**
- **1 tablespoon chopped chives**
- **1 tablespoon milk of choice**

DIRECTIONS:

1. In a medium saucepan over medium heat, bring water to a boil. Add oats and let cook for 5 minutes or until desired consistency.
2. In a separate skillet, cook turkey bacon with onions until onions are soft and bacon is crispy.
3. In a bowl, combine milk and cooked oats. Stir in half of the bacon and onions, half of the cheese, and half of the chives.
4. Top oatmeal with remaining bacon, onions, cheese, and chives.

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

Latest Fitness Updates

St. Andrew's Family Fitness Plus would love to have your support to make our facility Charleston's Choice for 2020! [Please click here](#) to vote and make your gym the choice of Charleston! [Click here to vote for SAP&P camps!](#)



Schedule for swim lessons:

June Session II, Week II make ups will be July 6th-July 9th (Monday-Thursday).

July assessments have been canceled.

Sign ups for July group swim sessions will begin July 10th, and take place July 13th-July 23rd (Monday-Thursday) at SAFFP.

Latest Parks & Playground Updates

Who's ready for some baseball and food trucks? You can have both every Monday, Tuesday, Wednesday, Thursday, and Saturday during youth baseball game times! Follow us on social media for a new menu every week.

St. Andrew's Parks and Playground has implemented a COVID-19 color-coded alert system for our facilities and camps in order to keep our community safe and aware. We recommend checking this alert system often [by clicking here](#) and bookmarking the website. If you have any questions or concerns, please reach out to the customer service centers (843-763-3850 for SAFFP and 843-763-4360 for SAP&P). SAP&P and SAFFP have updated their mask policy in accordance with the new Charleston County mask ordinance. [Please click here](#) to visit our updated version of The St. Andrew's Return to Work and Play plan.

