



ST. ANDREW'S WEEKLY REPORT



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SAFFP Virtual Food Drive

by Kevin Walsh, St. Andrew's Parks & Playgrounds' Executive Director

St. Andrew's Parks & Playground is hosting a Virtual Food Drive to support the Lowcountry Food Bank(LCFB)

The funds earned by our team and community will help feed children, seniors and families who may be struggling with hunger and need our support during this pandemic.

For every dollar we raise, The Lowcountry Food Bank will be able to create meals for 6 different families/community members.

Please help us support our community by clicking here to donate to the SAFFP Virtual Food Bank.

St. Andrew's Go Play: 30 Day Fitness Challenge

by Emma Clark, SAFFP Fitness Director

In addition to our community wide campaign, **St. Andrew's Go Play**, SAFFP! is launching a free 30 Day Fitness Challenge. The winner of the challenge receives a \$50 dollar cash prize. Here's how to get involved:

- Like and follow our Facebook, Twitter, and/or Instagram pages
- Complete the easy daily challenge
- Post a comment under the daily challenge post with a video or picture of you completing the challenge with #SAGOPLAY
- A winner will be randomly selected on May 1!
- The more you complete challenges the higher your chances of winning!



A Beginner's Guide: Strength Workout

by Emma Clark, SAFFP Fitness Director

Set a timer for 10, 20, or 30 minutes (pick your time based on your own schedule).

Try to complete as many rounds as possible of the following exercises:

- Body weight squats (use chair for assistance as needed)
- Push ups (modified on knees as needed or on wall)
- Hamstring bridges (Single leg makes these harder!)
- Superman Plank (modified on knees as needed)
- Mountain climbers (can be modified as an
- incline mountain climber by using a chair or wall)

Each exercise lasts for 30 seconds with a 15 second rest in-between.

10 Ways to Stay Happy & Healthy at Home

by Mary Gioannetti, SAFFP Instructor and Personal Trainer



Waking up to a gorgeous sunrise in this beautiful, historic city with the various sounds of birds chirping simply means there are many things we can still appreciate during these trying times.

I think we can all agree that life is an adventure that we should be taking one day at a time, especially now. It's so easy to get sucked into the bad news vortex that is surrounding us these days, but if we can take a deep breath and look for the positive, we will better appreciate what we still have.

Below is a list of ideas on what we can do at home to keep ourselves happy and healthy. Some of the activities listed require ordering online or going to the store to get some supplies. Practice social distancing as much as possible by calling the store to have them bring what you need out to your car. If you need to enter a store, please use extra caution and make sure to sanitize!

- Reach out to an old friend or family member.
- Keep a journal, or gratitude journal recording at least one thing you are grateful for each day.
- Make some of your favorite recipes that you've had your eye on for a while.
- Return to your inner child with an adult coloring book.
- Read a book.
- Catch up on your favorite movies or TV shows.
- Start a scrapbook with all those photos you have lying around the house.
- Take up an old hobby or start a new one, such as gardening.
- Take a walk around your neighborhood or workout with one of our instructors inside the SA Virtual Studio!
- Take an aromatherapy Epsom salt bath surrounded by candles (recipe below)

Please reach out to magi8818@gmail.com with any questions or for an online personal training consultation!

Recipe Corner: Aromatherapy Epsom Salt Bath

by Mary Gioannetti, SAFFP instructor and
Personal Trainer



- 2 cups Epsom Salts
- 1/4 c coconut oil
- 18-20 drops of essential oil **see below for ideas on what essential oils to use*

Step 1: Run bath water to a suitable temperature for your skin.

While filling your tub you can add in Epsom Salt. It is best to add salt to running bathwater so the salt can dissolve.

Step 2: Add your essential oil mixture of coconut oil and essential oil drops to bathwater, swirl water with hand to blend.

Step 3: Carefully get into bath (don't wait, the warm water will cause the essential oils to start evaporating). Enjoy!

**Lavendar is very*

calming and relaxing, helps promote sound sleep

**Peppermint or eucalyptus is clearing and invigorating*

**Citrus (lemon or orange) clears the mind and helps with stress relief*



Parks & Playground Update: Parks Closure

by Kevin Walsh, St. Andrew's Parks & Playgrounds'
Executive Director

Out of an abundance of caution, all of our public playgrounds have closed.

These closures began April 1st and will continue until it is safe to reopen.