



ST. ANDREW'S WEEKLY REPORT

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The 8 Dimensions of Wellness

What does wellness look like to you? When you envision someone who is “well” and “healthy,” what comes to mind? Take a few moments to form whatever picture in your head (feel free to even spend some time writing about it). Do you feel like you're this person?

If that question stumps you, don't feel let down. Wellness is actually composed of several factors. Did you know that wellness is much more than just your physical and emotional health? Although they are very important pieces to the wellness puzzle, intellectual, financial, spiritual, environmental, occupational, and social are all pieces too. Ideally, a “well” and “healthy” person has all of their wellness puzzle pieces aligned and balanced. However, our wellness reality often means we deal with missing pieces. In other words, when one of our wellness pieces isn't being met, our life and well-being can feel confusing, stressful, depressing, and even hopeless (particularly if our pieces are left unattended to for long periods of time). Because we are all different, aligning our pieces and finding balance isn't a one-process-fits-all. Therefore, it's important to understand what each piece represents and then discover for yourself how you find harmony with each one.

Emotional wellness refers to your ability to have and maintain satisfying relationships and cope with life's stresses. The ability to be resilient is a strong indicator of emotional wellness.

Physical wellness has a lot to do with your relationship with physical activity, nutrition, sleep, etc.

Intellectual wellness is all about celebrating and using your own unique intelligence (i.e. skills, knowledge, experiences) and the desire to explore and learn.

Financial wellness refers to how content you are with your current financial situation.

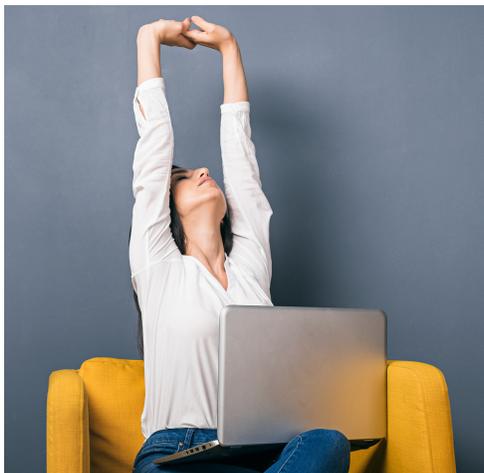
Spiritual wellness is related to your satisfaction regarding personal values, spiritual/religious beliefs, and your level of inner peace/contentment.

Environmental wellness is affected by external factors in your environment such as how safe you feel at home or within your community. It can also be much larger when dealing with national or global stressors like the pandemic, racial violence and injustice, pollution, and politics.

Occupational wellness involves your career/job satisfaction and your work/home balance.

Social wellness is all about how connected and involved you feel in your world. Social wellness usually means you have a strong sense of belonging and worthiness.

After a quick review of all the pieces, what areas do you feel are your strongest? Your weakest? Over the next several weeks we will be diving into each piece a little bit deeper; learning more about what they mean, how they affect us, and what we can do to put our wellness puzzle together.



The Importance of Stretching

By Mary Gioannetti, SAFFP Head FIT Coach and Personal Trainer

Stretching and foam rolling should be an integral part of our daily workout routines. So, why is it put on the back burner?

What I've heard from my group fitness students and training clients varies from not having enough time to their lack of patience. In this article I will break down the importance of stretching and foam rolling, when we should be stretching and foam rolling and how long we should be spending doing these things.

The benefits of foam rolling, include: reducing lactic acid buildup in muscles, breaking up scar tissue, increasing circulation, improving range of motion and decreasing exercise related soreness. Before a workout is a great time to practice foam rolling. Focus on one specific muscle group at a time, moving slowly, with intention. If you encounter a tender spot, hold for 20-30 seconds or until the tenderness begins to decrease. Dynamic stretches are also great tools to use before working out. They're basically a movement based type of stretching. Some examples of dynamic stretches include: walking high knees, leg swings, or walking lunges with trunk rotation.

Static stretching is best after a workout, holding each stretch anywhere between 20-60 seconds. Focus on stretching the muscles that you worked out during your session and also areas where you may feel any tension or tightness. There are several benefits to static stretching as well. Not only does it increase blood flow to the muscles, but it also increases joint range of motion. By stretching, we improve our flexibility, which will help improve our performance in daily activities and decrease the risk of injury. As Joseph Pilates, the founder of Pilates, once said, "You are only as young as your spine is flexible." Try to spend a few minutes before and after each workout session dedicated to stretching and foam rolling. Or, consider taking one of my Flex & Stretch small group sessions where we spend some extra time dynamic stretching, foam rolling, and static stretching in addition to a great full body workout!





Nutrition Corner: Clean Eating 101

There's a lot of misinformation regarding nutrition and dieting. One week it's Keto, the next week it's plant-based. Bottom line, it's always difficult to know what is best or "right" when it comes to eating clean and healthy. So, here's 3 for sure things to remember when you're trying to do better with your diet.

1. No matter what, ditch the junk: Keto, plant-based, Paleo, whatever diet (or no diet) you're on, junk food rarely fits in. Yes, this includes sugar.
2. Fiber is your friend: Fiber feeds the healthy bacteria in your gut and helps you feel fuller faster. It also helps regulate your bowel movements and can improve weight loss efforts.
3. Eat all the colors of the rainbow: We all know the importance of fruits and veggies, but the color of these important diet staples is important too! Adding a variety of different shades of fruits and veggies can help your body get all sorts of valuable minerals and vitamins that you might otherwise miss out on by sticking to the same old, same old.

Remember, eating healthy doesn't have to be rocket science. Fruits, veggies, nuts and seeds, legumes, lean protein, and some healthy carbs = a very balanced diet for your health and life!

