



ST. ANDREW'S WEEKLY REPORT

HELLO OCTOBER 2020!



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FLEX Your Fitness with FOD

St. Andrew's Family Fitness Plus is making it easier than ever to say goodbye to all of your excuses so you can reach your wellness goals thanks to our partner, Fitness on Demand! Last week we shared the exciting news about our new Hybrid Studio where members and guests can take virtual classes from our facility. But, did you know that you can take these same classes from home? With Fitness on Demand's FLEX app your favorite in-studio virtual classes can go everywhere you go. You can

even access FLEX from your computer. FLEX is different than the standard Fitness on Demand app because it's the only version that allows you to take virtual classes from anywhere. The standard app only allows you to register for classes in our facility and access virtual classes when you're inside the building. Also, the standard app can be downloaded from either the App Store or Google Play Store. The FLEX app can only be downloaded after you've been given access. To receive access and one month free of the FLEX app, please e-mail eclark@standrewsfitness.com.



Your Body on too Much Sugar

Warning: This information may make you rethink that daily soda habit ... so keep reading!

We all know that sugar is unhealthy, but what exactly makes it so bad for us? According to a study published by the American Public Health

Association, sugary drinks like soda can age your body on a cellular level as quickly as cigarettes (inside and outside aka- more wrinkles!). Sugar is also about as addicting as cigarettes and causes more complications than just weight gain. In fact, when you eat a ton of sugar, almost every part of your body feels the strain. Sugar releases the same feel-good chemicals in your brain like certain drugs. For example, as you start to consume a piece of chocolate cake, your brain starts to release chemicals that make you want to keep eating. Once you're done eating, your insulin starts to spike in order to balance out the large amount of sugar. A few hours later you get hit with the all too familiar "sugar crash"- which usually consists of feeling sluggish, tired, and even hungry. In fact, if you've been feeling fatigued, sluggish, and like your cravings for food are harder to control, these can all be signs that you're eating too much sugar. The double whammy is when you notice you've put on a few pounds. Because sugary foods and drinks pack a large calorie punch, it's understandable why your weight may increase if your sugar consumption is high. You could easily gain a pound over the course of a week from eating one candy bar and one 20-ounce soda (that's about 500 extra calories) each day- that's not much food and next to no nutrients. As weight increases, so does your chances of obesity. And with obesity comes insulin resistance which can lead to diabetes. Keep in mind that you can become insulin resistant without being obese if you're consuming too much sugar. If you're ready to eat less sugar, simply reading nutrition labels is a good way to start. But the basic fact is there's no "right" amount of sugar you should be consuming. The safest bet is to keep it under 25 g. daily for most healthy adults.

Nutrition Corner: No Bake Chocolate Chip Cookies

These yummy no bake cookies are made with all natural ingredients and are much lower in sugar than your average cookie- so you can enjoy responsibly and not worry about a sugar crash!

INGREDIENTS

- **1 1/2 cups roasted, salted cashews**
- **8 ounces pitted medjool dates**
- **3 TBS coconut oil**
- **2 tsp vanilla extract**
- **2 cups old fashioned oats 1 cup semi-sweet or dark chocolate chips, plus 4 ounces more to melt otop if desired**
- **flaky sea salt**

INSTRUCTIONS

Line a baking sheet with parchment paper. In the bowl of a food processor, combine the cashews, dates, coconut oil, vanilla, and oats. Pulse until well combined and no large chunks of dates remain. If the dough seems dry, add an extra tablespoon of coconut oil and a splash of water to bring the dough together. Stir in the chocolate chips. Roll the dough into 18-20 tablespoon size balls and place on the prepared baking sheet. Using the palm of your hand, gently press down on each dough ball to flatten into circles. Transfer to the freezer and freeze 10-15 minutes or until firm. If desired, melt 4 ounces of chocolate and drizzle over the cookies. Sprinkle with flaky salt. Eat...or let the chocolate harden and store in an airtight container in the fridge.