



ST. ANDREW'S WEEKLY REPORT

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Simplyfying the Blue Zones Lifestyle Part II

Exploring the Blue Zones continues in Part II of this two part article series. Last week you discovered what a Blue Zone was and what the individuals do differently in these special parts of the world. Part II focuses on the Blue Zones diet and eating habits. Remember, it's not about the places where these people live, but rather about how they are living on a daily basis. Those living in Blue Zones usually eat their

smallest meal in the late afternoon or early evening. These meals generally consist of four main dietary components: grains, greens, beans and nuts. Carbs are not looked-down upon or forbidden from their diet, the way they sometimes are in more Westernized society. In fact, 50-80% of the Blue Zone diet consists of healthy carbs; usually in the form of sweet potatoes, apples, pears, steel cut oats, barley and brown rice. Blue Zone individuals also enjoy a more plant-based diet, consisting of dark leafy greens that are added into different meals, like soups and salads. Meat is rarely consumed, usually only about 5-7 times per month, and it consists of a small serving size of 3-4 oz., or the size of a deck of cards.

Garlic, onions and lemons are also frequently used in cooking. These help boost the immune system. Blue Zone individuals also tend to choose between four main beverages consisting of: water, tea, coffee and red wine. These particular beverages are high in antioxidants, which can help prevent the chance of developing certain cancers and diseases. Sugary juices and sodas consumed frequently in Western culture are not part of the Blue Zones diet. By adopting the Blue Zones diet and lifestyle approach, you may be able to enjoy a longer, happier, healthier life. According to bluezones.com, the average person's life expectancy could increase by 10-12 years with adherence to the Blue Zones lifestyle. For coaching on the Blue Zones lifestyle, please contact Mary Gioannetti, Head FIT Coach and Personal Trainer for SAFFP by e-mailing magi8818@gmail.com.

By Mary Gioannetti, SAFFP Head FIT Coach and Personal Trainer



How to Motivate Yourself to Workout

Sometimes, convincing yourself to exercise is a challenge. We get it- half the battle of working out is just walking through the gym doors. If you find yourself having "one of those days" try these

science backed motivation tips:

Tip # 1: Turn up the music! Particularly beats that match the intensity of what you're getting ready to do (for example, fast cardio = higher tempo music). A study from the National Center for Health Research discovered that listening to music you enjoy can help your head space get into "workout mode".

Tip # 2: Treat your self! Do't necessarily take this literally (eating three cupcakes after a workout might sound like a great idea, but you'll just be spinning your progress wheels). Find a personal reward system that makes it more worth the workout.

Buying yourself a new workout top, a monthly massage, or even a small dessert (not 3 cupcakes) once a week for sticking to your workouts can make a huge difference on motivation (and won't wreck your progress).
Tip # 3: The buddy system works. Working out with a dedicated friend, partner, or even your child can help you show up for your workouts.



If you find it's easier to quit when it's just yourself, you might find it's much more difficult to quit when you have someone in your corner cheering you on and expecting you to show up. If you don't have a supportive person in your life then start going to group fitness classes or small group training where you can start building positive relationships.

Tip # 4: Don't make it all about your looks or your weight. It's really easy to get sucked into thinking that exercise is only about your physical appearance. Although exercise is certainly a way to help you lose weight and become more toned, making physical appearance your only goal is going to lead to burn out. Physical changes can take a painfully long time for you to see when you're exercising, so it's important to focus on other goals (like improving your run time or your strength) instead of depending on how you look or what the scale says.

No matter who you are, exercise motivation is one of the most difficult obstacles to overcome. Life gets busy and priorities change. In many instances, your health and wellness can take a backseat. Whatever tip or trick works to boost your motivation, stick with that so you can stick to improving your health and wellness for the long haul. If you need some motivation help, please reach out to our Fitness Director, Emma Clark, by e-mailing eclark@standrewsfitness.com.



Nutrition Corner: Low Carb Snack Ideas

Snacking has gotten a bad rep for being a diet saboteger, but done correctly (think low-carb, high protein, moderate healthy fat) snacking can actually help you lose weight! Here are a few ideas to help you get started:

Low Carb Idea 1: Eggs and cheese. Had boiled eggs are a great make ahead snack for the whole week. Pair a couple with cheese cubes and you have a high protein snack that will keep you satisfied for hours.



Low Carb Idea 2: Turmeric milk latte. Yes you can have your lattes and be low-carb too! Making smarter swaps like using a low-sugar protein shake as your milk base and adding in the powerful anti-inflammatory turmeric can make for a filling midday boost. [Check out the recipe by clicking here.](#)

Low Carb Idea 3: Cottage cheese with avocado. Take a 1/2 cup of cottage cheese and 1/4-1/2 of an avocado, a little salt and pepper and you're in high protein, low carb snack heaven!



St. Andrew's Family Fitness Plus! Fitness Updates

SAFFP has two programs being offered both virtually and in-studio, Tai Chi and Morning Coffee Meditations. Please click on the images to learn more about each of the programs.

Tuesdays
11:30am

Thursdays
11:30am

Unlimited Tai Chi
Group Fitness Sessions
Only \$30/monthly

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