ST. ANDREW'S WEEKLY REPORT

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Getting Real with Self-Care

Practicing regular self-care is a great way to help you "show up" with your best self in your relationships, career, and every other area in your life. You've heard the old saying, "you can't pour from an empty cup", right? Well, that's a very true statement and especially in these crazy times it can be challenging to find ways to "fill up your cup" with self-care and love. Under the best of circumstances, taking time for yourself can feel down right selfish and rude (which it isn't). However, you don't need to spend hours or days on your own "self care" to feel more rejuvenated and "full". Here are 4 realistic ways to show yourself some care and love!

1. Start your day with gratitude: Being intentionally thankful for the little things in life helps to maintain a positive disposition, even during life's challenges. Instead of starting every morning with social media or news, check in with yourself and write a list of things that make you feel grateful.
2. Try out a new recipe: Cooking can be a nice de-stressor and finding some recipe inspiration can be fun, rewarding, and helps you to change up your usual routine.

3. Bust a move!: We all have a playful side, but sometimes we forget to embrace or even acknowledge this side of us that can be so freeing. Blasting some of your favorite tunes and dancing is a great way to remind yourself to not take life too seriously.
4. Try out something new: Does this sound familiar- sleep, work, dinner and repeat? If so, shaking up your routine can do wonders for your emotional well-being. Surprise yourself with a new fitness class, trying a new hobby, new book, etc. on a weekly basis!

If one of your goals is to live a healthier lifestyle you have to start making time for your own self-care. If you're struggling to make the time or you have feelings of guilt for wanting to take the time, then we want to encourage you to join the Reset. Revive. Renew program where you'll be able to re-learn self-love and care and walk away with both the knowledge and confidence to effectively apply these practices to your life. For more information about this 6 week program, please reach out to our Fitness Director, Emma Clark at eclark@standrewsfitness.com

The Struggle with Fatigue

Do you often feel like you could sleep for 12 hours *and still be tired*? You're not alone! More Americans than ever are reporting an increase in fatigue. There are several reasons for this, which we'll go over in more detail below. However, our first and best advice is to seek out professional, medical help if you feel like your fatigue could be related to an underlying health issue. Consistent fatigue can wear you down and so can stress, which is one of the top reasons why people feel tired. To help with stress, limit your screen time and daily news consumption. Don't be afraid to set boundaries with bosses, coworkers and even family and friends if you feel like you have too much on your plate right now. Another cause of fatigue is a lack of proper fuel. Your body will thrive with good nutrition and it will do the exact oppostie with poor nutrition.

The best solution if your fatigue is fuel related is to do as much meal prepping as you can before the beginning of a busy week to ensure you have regular, healthy meal and snack options on hand. Sometimes fatigue is directly related to a poor sleep cycle. Regularly staying up late, having trouble falling asleep and/or staying asleep can make you feel like you're living in a fog. To help repair your sleep cycle try winding down at night with a book or magazine (not on a screen), meditating, or even doing some light stretching. Another fatigue culprit could be that you're not moving enough. A sedentary lifestyle can be surprisingly draining. The solution here is pretty obvious- move more! Park further away when you go on shopping trips, take the stairs as much as possible, stretch and walk around your house often, and try to get in as much daily exercise as you can!

Finally, you could be experiencing a lack of natural light which, besides fatigue, can also cause weight gain and higher levels of stress. To get your daily dose of sunlight go for daily walks outside, keep your blinds open at home or at work, and even spend some of your work day outside (if you can).

Remember, if you're feeling worn down your body is trying to communicate with you. Try out some of the above ideas and see if any of them gives your body what it's trying to ask you for. If you don't feel any fatigue relief, please seek out medical help.

Nutrition Corner: Pre & Post Workout Meal ideas that actually taste good

1-2 hours before your workout and no more than 30 minutes after your workout are prime times for nutrients like carbs, protein, and healthy fat to get to work fueling your body and helping you buiid/maintain lean tissue (muscle!)

This doesn't mean you have to force down protein shakes or protein bars before and after every workout! Check out these fun ideas for pre and post workout meals that actually taste good:

1. Peanut Butter and banana chia seed toast: PB and banana is the perfect on-the-go snack. For a longer workout, spread both on one slice of whole-wheat toast and add a sprinkle of chia seeds for a pop of extra nutrition and crunch.
2. 5-Minute protein peanut butter energy balls: Click the link for the whole recipe for these bite sized, power packed snacks.
3. Turkey avocado wrap: For a recipe less on the sweet side, give this wholesome wrap a try!