



ST. ANDREW'S WEEKLY REPORT

NO EXCUSE NOVEMBER 2020!



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The Lasting Health Impact of COVID-19 for Everyone

Some refer to COVID-19 as the extra 19 pounds they gained during quarantine. Others, have felt it's impacts due to changes in the economy, and so many have felt the negative physical health impacts. However, perhaps the longest lasting effect of the pandemic is on our mental health.

This negative effect is predicted to continue even after we have lost those 19 pounds and the

economy has recovered. According to a Kaiser Family Foundation tracking poll conducted in July 2020, 53% of American adults reported their mental health has been negatively impacted due to worry and stress related to the pandemic. The most common mental health issues reported include; difficulty sleeping or eating, increased alcohol consumption or substance abuse and worsening chronic conditions. These issues could significantly alter the lives of many and last long after the pandemic has ended.

So, what can be done about our mental health crisis? Breaking a sweat! A vigorous bout of exercise releases endorphins and hormones, such as serotonin and dopamine, which improve mood and a sense of well-being. In addition to the release of feel-good hormones, exercise gives you a sense of accomplishment and a feeling of control over your life – very important emotions during this very trying time. Not to mention, exercise improves your immune system. Finally, when done in a safe, sanitary wellness facility environment (like SAFFP!), working out can fight the negative effects of isolation due to social distancing. Exercise, nutrition and mind-body practices employed on a regular basis can help build resiliency and prevent you from sliding too far down the mental health spectrum, and help you recover when you do. So, what exercises are best for improving mental health? The simple answer is just about any type of exercise. However, It is ideal to balance Yin and Yang activities with Yin being water (think peaceful, tranquil) and Yang being fire (think strength, heat). Passive practices such as yoga and meditation are considered Yin activities and active movement such as strength training and HIIT are Yang activities. It is important to have a combination of the two for harmony and balance. Trying to find the ideal balance can be tough. It's difficult to know what is best for your body, especially if you're new to exercise or your used to doing just one type of activity. SAFFP is here to help make it less tough! For help on creating an exercise plan for you that incorporates both Yin and Yang activities in a realistic way to improve your health, please contact SAFFP's Fitness Director, Emma Clark by e-mailing eclark@standrewsfitness.com or call 843-518-6635.





How Strength Training can Make your Body + Mind Stronger

A recent study published in Scientific Reports has discovered that strength training reduces feelings of anxiety. Researchers recruited 28 physically healthy adults who all scored in a healthy range on anxiety questionnaires. They then divided the volunteers and asked half to continue their normal lives as a control group and the other half to begin a weight training program designed by the researchers. It asked the participants to engage in muscle-strengthening exercises with dumbbells or other strength equipment twice a week. Exercises included several types of major lifts such as, deadlifts, squats, shoulder presses, etc. Over the course of eight weeks, both groups were routinely asked to repeat the anxiety questionnaires. At the end of the 8 week study, the group that began weight training scored about 20% better than their original scores, reporting even lower levels of anxiety than when they started. Meanwhile, the control group scores didn't vary by much. The researchers hypothesize that many of the participants felt stronger both mentally and physically from training with weights which created a stronger sense of resiliency in them that they did not have before which contributed to lower levels of anxiety. The best news about strength training is that it doesn't take much to get started. To start feeling the positive effects begin incorporating simple bodyweight movements such as push ups, squats, lunges, and planks. Begin with 10-12 repetitions of each exercise and complete 2-3 rounds (also known as sets). Keep track of your progress by writing down how many repetitions you complete and then try to increase either your repetitions or your sets every 2 weeks for 8 weeks.

Nutrition Corner: The Feel Good Power of Turkey

Ever heard of tryptophan? It's the nutrient found in turkey meat that's considered the culprit in putting you to sleep after Thanksgiving dinner. Tryptophan



is actually more powerful than that! It's an amino acid that the body needs to produce the neurotransmitter serotonin, which helps regulate sleep and mood. Tryptophan may help reduce anxious and other stress-like feelings. So, whether you're using up Thanksgiving leftovers or starting from scratch, this turkey dinner can be on the table in under 20 minutes—giving your stress levels a break in so many ways!

Ingredients

- 1 1/2 cups very thinly sliced red cabbage
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil
- 1/3 cup very thinly sliced kimchi
- 1/3 cup plain 2% reduced-fat Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons white miso (1-oz.)
- 100% whole-wheat bread slices, toasted
- 12 ounces sliced skinless roasted turkey breast

Directions

Combine cabbage, vinegar, and sesame oil in a medium bowl; toss well to coat. Add kimchi; toss well to combine. Let stand 10 minutes. Whisk together yogurt, olive oil, and miso until smooth. Spread about 2 TBS yogurt mixture on each of 4 bread slices. Top each with 3 oz.'s of turkey and about 1/3 cup kimchi slaw. Cover with remaining 4 bread slices and serve!

Upcoming St. Andrew's Events

Join in on the SAFFP holiday season fun with these upcoming activities!
Simply click on the images for more information!



NO EXCUSE NOVEMBER!

KICK YOUR EXCUSES TO THE CURB THIS
HOLIDAY SEASON WITH SAFFP!



TAI CHI AT SAFFP

Reduce stress and keep your immune system
healthy this season with Tai Chi at SAFFP!

