



# ST. ANDREW'S FAMILY FITNESS NEWS

Monthly Newsletter curated by the  
St. Andrew's Family Fitness Team!



*SAFFP is celebrating the holiday traditions and the people that make this the most wonderful time of the year!*



## UPCOMING EVENTS

- **All month long:** 10% off all one-on-one personal training packages + 12 Days of Fitness Group Fitness Challenge!
- **December 14:** Breakfast with the Grinch
- **December 24 and 25:** Closed for Christmas Eve and Christmas Day- Merry Christmas!

## MEMBER SPOTLIGHT



Alicia Speeney joined SAFFP when she moved to Charleston in 1993. Alicia has always enjoyed the variety of classes and the amazing instructors. Her husband and son are also members (featured in picture!). "SAFFP kept me sane while I was going through cancer treatment in 1999." Alicia states, "being able to work out at that time was the best therapy."

Alicia has been working really hard over the past year- losing 30 lbs thanks to a change in diet and the challenging small group training sessions that Mary G. and Carly R. put her through every week! She also enjoys the exciting cycle rides that Kimberly and Mark lead in the SAFFP Spin Studio. "Thank you SAFFP for supporting me on my fitness journey!" Keep up the hard work Alicia! You're doing great!

# HEALTH & WELLNESS TIPS

## Easy tips to stay on your wellness track this holiday season!

1. **One-two hours before your big meal/party: Have a snack attack!** Most people save all of their calories for that one big "special meal". What happens? They eat until almost physically sick and unable to move off of the couch. A simple snack of cereal and milk, crackers and cheese, or even some almonds one hour prior to the big meal can make a huge difference in how much you eat during a big celebration meal.
2. **While the the party is getting started: Eat your weight in veggies!** Before digging into that big meal or that party buffet, start out by consuming raw vegetables with a low-fat dip (or a big salad). The fiber in the vegetables acts as an appetite suppressant by making us feel fuller, while consuming fewer calories.
3. **During your meal: Hydrate (with water)!** Many people confuse hunger with thirst. When around food, the urge is usually to eat. However, having an 8 oz. glass of water prior to any meal and during a meal will help you decide whether you were really craving that chocolate cake or just thirsty.
4. **When you're thinking about a second plate: Talk it up!** It takes approximately 20 minutes for the brain to realize that the stomach is full. Within that 20 minutes, a lot of food can be consumed. So, take your time and enjoy the company around you as you eat.
5. **Walk it out!** Believe it or not, exercise is actually an appetite suppressant. So, a brisk 30-minute walk prior to eating your holiday meal will definitely make you feel like splurging a little less! If you can't fit in a quick walk before, definitely take one after- it'll help keep you from going back for more to eat and you will put your food fuel to good use- exercise!