



ST. ANDREW'S WEEKLY REPORT

APRIL 2020



IN THIS ISSUE

**SAFFP: INNOVATING
YOUR CLASS EXPERIENCE**

**THE POWERHOUSES OF
PROTEIN**

**10 WAYS TO BOOST
YOUR IMMUNE SYSTEM**

**RECIPE CORNER: BBQ
TOFU BURGERS**

SAFFP- Innovating your class experience

by Emma Clark, SAFFP Fitness Director

If there is a bright side to the pandemic, it can be found in the amount of innovation that has happened because of it. SAFFP offered a few live fitness classes through Zoom Cloud Meetings this week and we are going to continue to explore even more virtual options in the coming weeks to best serve you! We understand that a Pilates class is just another Pilates class until it's taught by your favorite instructor- especially during a time where we're all missing friendly faces that we know and love. We will be regularly communicating new classes and times each week. These updates will be available on all of our social media channels. Please like and follow us on Facebook, Instagram, Twitter, LinkedIn, and Youtube! Please feel free to check out our prerecorded classes in our Virtual Studio by clicking [here](#) or try out our new fitness app- just let us know you're interested by clicking [here](#).





The Powerhouses of Protein

by Thomas Spigner, SAFFP Personal Trainer

Protein and exercise are essential for building muscles. While this is undisputed, you may be wondering which protein is best for your body. Which protein can provide for you that powerhouse physique? Here is some information about the top three proteins: whey, collagen, and soy.

First, let's talk about whey protein. Whey protein is derived from milk, contains amino acids, is easily digested by most people, essential for muscle building, and can be used before or after exercise.

Whey protein contains BCAAs (branched-chain amino acids) that your body needs for muscle growth.

Secondly, we have, collagen protein, which is high in three BCAAs that are lacking in plant protein, whey protein, and muscle meat proteins. These three BCAAs are glycine, proline, and hydroxyproline. These three amino acids allow your body to build collagen, which is a fibrous protein that provides the strength and structure to our body. In addition, these proteins keep our skin firm, nails strong, and our bones and joints healthy. More importantly, as we age, collagen production decreases in the body. This is why we experience less joint mobility, brittle bones, and wrinkled skin as well as weaker hair and nails.

In addition, there is soy protein - a plant-based protein. Soy protein provides essential amino acids and is a good source for people who cannot tolerate dairy or wish to avoid milk products. Soy is good source of phytochemical and prebiotic fiber, which helps to improve cholesterol levels, especially LDL- bad cholesterol. If you are looking to build muscle mass, strengthen your joints, increase joint mobility, while lowering your cholesterol levels, soy protein could be the powerhouse to assist in completing your physique.

Pick, choose or refuse... these are the facts!

10 ways to boost your immune system

by Mary Gioannetti, SAFFP Instructor and Personal Trainer.

"Life with God is not immunity from difficulties, but peace in difficulties."

-C.S. Lewis

Now, more than ever, we're thinking about ways to stay healthy. Here are some tips on how to boost your immune system.

- Practice Yoga and deep breathing, which helps improve the immune system.
- Consume healthy, natural foods. Many plant-based foods such as citrus fruits, red bell peppers, spinach, garlic, ginger and green tea have anti-viral and anti-microbial properties.
- Get in a good night's sleep. Lack of sleep increases cortisol levels, which increases stress levels and lowers our immunity function. It is recommended adults get between 7-9 hours of sleep each night.
- Get in at least 30 minutes of exercise each day. Bonus points for exercising outdoors! Heart rate speeds up the circulation of white blood cells, which are linked to our immune system function.
- Drink alcohol in moderation. High levels of alcohol consumption can weaken your ability to fight off infection and also slows down recovery time.
- Don't smoke cigarettes. Smoking cigarettes compromises your immune system and worsens viral and bacterial infections, such as the flu.
- Keep symptoms of chronic conditions such as asthma, heart disease and diabetes under control with healthy habits and eating well.
- Try some herbs such as Ashwagandha (Indian ginseng) and turmeric, which both have several health benefits for both body and mind. Please consult your doctor first.
- Drink plenty of water. Staying hydrated helps your body naturally get rid of toxins and other bacteria that may cause illness.
- Invest in a humidifier to ward off germs that like to hang around in dry air.



Recipe Corner: BBQ tofu burgers

Adapted from Veg Annie: BBQ Tofu Burgers"

- 1 block organic extra firm tofu
- 1 Tbsp. olive oil
- Garlic powder
- Pepper
- 1/2 cup of your favorite BBQ sauce
- Bun of choice
- Lettuce, tomato, and any other toppings you like!



APRIL 2020

Remove tofu from package, and wrap the block of tofu in paper towels. Gently squeeze out excess moisture, and set aside for about 10 minutes to allow it to continue draining. Once drained, cut tofu into two equal-sized square pieces. Add olive oil to a frying pan and heat on medium-high. Add tofu and season with garlic powder and pepper (a few dashes of each). Fry tofu for 5 minutes, flip, spice again, and fry the other side for another 5 minutes or until tofu is golden brown and slightly charred in some places. Remove from heat, and coat tofu with BBQ sauce of choice. Serve on a bun with all of your favorite toppings (maybe with a side of yummy sweet potato fries) and enjoy!



Parks & Playground Update

*by Kevin Walsh, St. Andrew's Parks & Playgrounds'
Executive Director*

There is no change to the status of our parks, facilities, or programs. Our tennis courts are still open with monitors enforcing physical distancing. We continue to offer virtual classes and activities and we are beginning to plan for how to re-open safely and responsibly when given the all clear. We have also extended our Virtual Food Drive- please donate by clicking [here](#) if you are able to help our community! Thank you for staying home, staying distant, and washing your hands!

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