



ST. ANDREW'S WEEKLY REPORT

HELLO OCTOBER 2020!



IN THIS ISSUE

DOES STRENGTH TRAINING ACTUALLY IMPROVE BONE HEALTH?

THE BENEFITS OF HIIT TRAINING

NUTRITION CORNER: 10 HEALTHY DINNERS FOR ABOUT \$10

SAP&P ATHLETIC COACH HIGHLIGHT: RHEA ANN PARKER

Does Strength Training Actually Improve Bone Health?

Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 54 million U.S. women and men aged 50 and older. Typically, when you're diagnosed with Osteoporosis or Osteopenia your doctor will recommend increasing your Calcium and Vitamin D intake, make changes to your medication routine, and suggest a reduction in alcohol and tobacco consumption. Less likely to be recommend, but

beneficial in slowing the progression of low bone mass, is strength training. Although the understanding is limited as far as how much and how heavy, overall strength based exercises have shown to reduce the risks (fragility of bones, high risk of fractures, etc.) associated with low bone mass . So, if strength training is an effective way to keep bone mass strong, why aren't more people doing it? Lack of knowledge/experience, fear of getting hurt or being embarrassed, and not finding it enjoyable are all popular reasons why many shy away from any type of strength training.

Although these concerns and fears are understandable, it's important to remember a few things:

1. You have to start somewhere.
2. It's okay to ask for help.
3. You have so many options!

No one knows what they're doing when they first start something new, so it's best to reach out to a fitness professional for help. A fitness professional, like SAFFP's Fitness Director or any of our Personal Trainers will be able to help you pick out exercises that are safe, and even enjoyable! There is so much more to strength exercises than spending hours on machines or lifting a weight over and over again. For example, brisk walking with light hand weights provides enough stimulus to potentially help prevent additional bone mass loss, particularly for a beginner. Another option are bodyweight exercises, like squats and push ups, that can be modified to fit your fitness level. Of course, one of the easiest ways to make any type of exercise more enjoyable is to do it in a group! If you're at high risk for osteoporosis, or have already been diagnosed, it's best to do these types of exercises within a small group of people, and with a highly trained personal trainer to explain each movement and help you correct your form in order to prevent injury. SAFFP's FIT Program is a great option for any beginner wanting to have a happy, healthy body on the inside- and out! We have multiple sessions throughout the week, including Barre and our latest addition, Saltwater FIT, which is our first ever aquatic small group! Not only are these sessions a great way to make new friends and learn new things, but they will also help strengthen your bones and improve your overall quality of life. To get started in our FIT program, or to find out more please call our Fitness Director, Emma Clark, at 843-518-6635. You can also e-mail her at eclark@standrewsfitness.com





The Benefits of HIIT Training

High intensity interval training, otherwise known as HIIT continues to be one of the most popular forms of training world-wide, and for good reason. It works and it works fast.

HIIT sounds scientific and even intimidating, but it can actually be applied to many different fitness levels. HIIT is essentially cardio that alternates between working at your max effort (whatever that max effort may be for you) and working at a minimal effort. Tabatas are considered one of the most popular forms of HIIT training in which your max effort is only 20 seconds, but your break is only 10 seconds. Because this is such a tough workout, only 8 rounds or less are recommended. You can also mix up your work:recovery ratio to fit your own needs and comfort level. A good beginner HIIT workout is to use an elliptical or stationary bike for max effort of 30 seconds and then have an equal recovery time of 30 seconds. Start with small increments of 5-10 minutes and slowly build up to a 30 minute workout by adding an additional 1-2 minutes every workout. So what's in it for you? HIIT training for 5 minutes can offer you the same amount of benefits as a 30 minute regular steady-pace cardio workout. Meaning you can burn twice the amount of calories, increase your VO2 max (how much oxygen you can use), and increase your stroke volume (how much blood your heart pumps out per beat). If you're not sure how to get started with HIIT or would be more comfortable with assistance, SAFFP has a beginner 20 minute HIIT class offered through Fitness on Demand every Friday at 9:30 am beginning November 6th. Our popular small group session, FIIT Box, also provides a great HIIT workout with lot's of fun boxing-inspired exercises!

Nutrition Corner: 10 Healthy Dinners for About \$10

Even on a budget, it's still possible to put a healthy (and delicious) dinner on the table every night, thanks to these 10 dishes from Food Network Kitchens! Each

recipe feeds a family of four for about \$10 per meal. (The least-expensive dinner totals \$8.36 and the top-priced one is \$11.24; most are in between.) The lineup includes something for everyone: Chicken, pork, beef and seafood are all on the menu, as well as two vegetarian main dishes (one of which is gluten-free). Each dinner includes vegetables, so you can be sure you're getting a well-rounded meal. Plus- any rice, pasta or bread that's used is whole-grain! We've picked out our favorite from the 10 below, but you can see all of the recipes [by clicking here](#).



Our Pick: Quinoa with Chicken and Lentils

Use leftover rotisserie chicken to round out this flavorful dinner that incorporates quinoa (a good source of plant protein), green beans and browned onions. Then garnish with almonds and spoon a dollop of Greek yogurt on top. Jump right to this recipe [by clicking here](#).



SAP&P Athletic Coach Highlight: Rhea Ann Parker

Rhea Ann Parker has been involved with the athletic department at St. Andrew's Parks and Playground for over 40 years. She was actively involved in SAP&P Athletics as a child, and decided to become a coach as soon as she was old enough to be one! Rhea Ann has volunteered countless hours coaching softball and baseball and prefers to focus on teaching the

proper fundamentals with the younger age groups.

In addition to being an amazing coach, Rhea Ann is also part of four generations of the Parker family who have all been involved with St. Andrew's Parks and Playground activities. Her father, Charles Martin "Pops" Parker, is a member of the St. Andrew's Parks and Playground Hall of Fame (shown in the picture above).

Thank you Rhea Ann for your many dedicated years to SAP&P's Athletic Department! We are very lucky to have you!