



# ST. ANDREW'S WEEKLY REPORT

JULY 2020



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## Meditation Made Simple

Meditation is one of the simplest of practices with powerful benefits- including; less stress, reduced anxiety, more focus, and even increased feelings of calmness and happiness. The benefits of meditation come quickly for most, even for those that only have a few minutes of time to spare. Although meditation sounds easy, it can be difficult for people to begin. Here is a list of some basic tips to help you get started right away on your own meditation practice:

**Step 1:** Just get comfy. The "where" and the "what's" don't really matter. What do I need to

buy? What should I sit on? Where should I sit? Although these things may start to matter if you find yourself meditating for long periods of time, the most important thing you can do right now is to just pick a quiet spot on your floor, bed, or couch.

**Step 2:** Begin with just a few minutes daily. Setting aside time for formal meditation is an important way to establish a routine.

**Step 3:** Be gentle with yourself. Your mind will try to wander in a million different directions and this can be frustrating. When this happens (and it will!), simply notice what it is you're thinking about or what is distracting you, then take a moment and pause. After a moment return your awareness to your own breath, being present for each inhalation and exhalation.

**Step 4:** Find a good teacher to help you stay present. The steady guidance of an experienced teacher can be invaluable, especially when you're getting started. Clear instructions from a teacher can help you find your way back with less frustration compared to going it solo. If you're new to meditation, SAFFP recommends beginning with Jennifer Grove's upcoming 5 week meditation workshop series. In-studio and virtual options are available so you can learn to practice exactly the way you want. Plus, the entire workshop will be available through the SAFFP Fit app where you can ask Jennifer questions as you learn to navigate the basics of meditation. Here is an outline of the upcoming workshop series:

**1st week** - center ourselves for meditation.

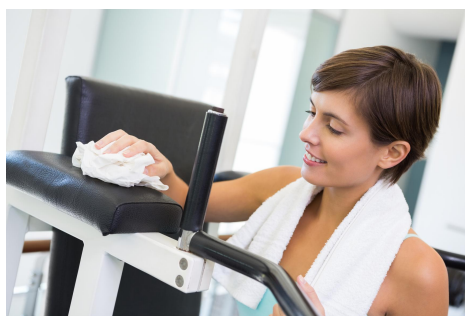
**2nd week** - allowing our minds to wander.

**3rd week** - focusing on our meditation practice.

**4th week** - hurdles to overcome.

**5th week** - expanding past our observance of breathe.

You can find out more about Morning Coffee Meditations with Jennifer by [visiting our website.](#)



## How to Keep Yourself Safe From COVID-19 at the Gym

Like any other public place, gyms pose a risk for contracting COVID-19. However, there are many ways to keep yourself safe while you exercise. First, continue to keep your distance from others. Even if machines and free weights are spread out, avoid getting next to someone as much as possible.

Second, wipe down your machines before and after you use them with a different paper towel or wipe each time. Third, take breaks to wash your hands or use hand sanitizer (especially after touching harder to clean surfaces like dumbbells and bands). Fourth, shorten your workout time. Not only does this allow you be in a enclosed space for less time, but you're



likely to get a more intense workout ([read last week's article about the benefits of shorter workouts here](#)). Finally, and most importantly, wear your face covering properly! COVID-19 likes to hang out in the air, so even with proper distancing and disinfecting the virus can still linger, especially in enclosed environments. The best way to keep it from lingering is to properly wear a face covering that fully encompasses your mouth and nose. Face coverings do make exercise more challenging, especially cardiovascular activities. If you find it difficult to breathe, allow yourself extra break time to go outside and remove your mask. Also, if you enjoy running, walking, or biking- it might be best to keep these activities outdoors for the foreseeable future. Although safety precautions are not foolproof, you can exercise more confidently in a gym following these steps.







## Nutrition Corner: The Importance of H<sub>2</sub>O

Water is essential for your body's optimal functioning and survival. You are composed of 50-75% water and your organs and many other symptoms within your body heavily rely on water to perform well and keep you healthy. When your body is well-hydrated, it functions better; when your mind is well

hydrated it works faster, and has better memory and retention.

Each day, we lose 2-3 quarts of water through sweating, urination and breathing. When the water in your body is reduced by just 1 percent, you start to feel thirsty. At 5 percent, muscle strength and endurance declines and you become fatigued easily. Get to a 10 percent loss, and delirium and blurred vision occur. When you lose water and don't adequately replace it, this is called dehydration. When you consistently do not replace water loss this is called chronic dehydration and can lead to regular headaches, fatigue, obesity, high blood pressure, diabetes and many other serious health conditions. In addition, chronic dehydration can make you look older as water provides hydration for your skin. More hydrated skin results in less wrinkles and a more vibrant appearance. How much water should you drink? The Institute of Medicine (IOM) recommends that men drink at least 101 ounces of water daily, which is a little under 13 cups. Women should drink at least 74 ounces, which is a little over 9 cups. However, if you're new to staying hydrated, aim for smaller, more realistic goals first- like drinking 64 ounces at minimum and increasing often. Strategies to help you drink more water include buying fun water bottles, adding a few drops of low calorie flavoring ([like these all natural ones](#)), and setting alarms on your phone every hour during the day reminding you to hydrate.

# St. Andrew's Parks & Playground St. Andrew's Family Fitness Plus Updates

Since school is beginning September 8th, St. Andrew's is making plans for Fall programs. Summer camp will be extended until school starts with limited capacity. St. Andrew's is also preparing for our After School Program. Please also keep in mind that this is the last week for regular registration for Fall Sports (baseball, softball, volleyball, and cross-country). St. Andrew's is continuing to follow all of the CDC and DHEC guidelines in addition to enforcing the City and County mask ordinances. We take the safety of our participants and teammates seriously, and we appreciate your understanding and support!

## August II Swim Assessments

Forest Lakes 4-6pm

Tuesday-Thursday July 28-July 30

## Swim lessons

Monday-Thursday

August 3-August 13



Tuesdays

11:30am

Thursdays

11:30am

## Unlimited Tai Chi

Group Fitness Sessions

Only \$30/monthly

