

## Healthiest Clubs of America Names St. Andrews Country Club in the Top Ten for Second Year Running

For the second year in a row [St. Andrews Country Club](#) has been recognized as one of the [Top Ten Healthiest Clubs of America](#) by [Prevo Health Solutions](#). This distinction is awarded to a select percentage of private clubs who must excel in specific criteria such as providing healthy menu items to members and staff, accommodating health related needs and providing an array of activities that leverage the amenities and facility. Prevo Health Systems conducted the evaluation that focused evenly on fitness, nutrition, staff, members and facilities. Private clubs must earn a score above 800 to qualify as one of America's Healthiest Clubs and St. Andrews CC achieved one of the Top Ten highest scores in the country.

St. Andrews CC excels in providing healthier options daily during breakfast, lunch and dinner at any one of their four dining venues. Executive Chef Stephen Viggiano works closely with Maureen Buchbinder, [NuYou](#) Nutrition Educator, to provide a variety of tasty salads that feature [red quinoa](#), [wild rice](#), [barley](#), [couscous](#), [tabbouleh](#) and [hummus](#) which are available every day. For club members and guests who avoid wheat products, [Ezekiel®](#), gluten free white and “whole wheat” bread is offered as a substitution. At the salad station there are many heart healthy options including nuts, avocado, grilled chicken and roasted turkey. The menus offer veggie burgers made from edamame, quinoa and egg whites and an omelet station where regular eggs, egg whites or [Egg Beaters®](#) are always available.

St. Andrews CC added Buchbinder to their professional team in November 2014 to work on-site providing one-on-one Nutritional Education Consultations to the membership and employees. She also is available during the daily lunch buffet for members seeking guidance on how to create the perfect plate for a well-balanced meal. Also new to the St. Andrews CC agenda, a Wellness Awareness Program which consists of a full schedule of educational lectures from experts in the industry. Topics vary from diet and nutrition education to fitness, meditation, and tips to achieve complete mental and physical wellness. These lectures educate and guide members on how to lead a healthier lifestyle, not just physically but mentally as well.

“We are proud to once again be named one of the Top Ten Healthiest Clubs in America and to be recognized for our health conscious efforts,” says Craig Martin, C.C.M. and St. Andrews General Manager/C.O.O. “Our commitment to offering our members the wellness programs, food choices and planned lectures they need to live a healthy lifestyle is just part of our brand promise to provide outstanding facilities, amenities, recreation and dining. We also offer a Wellness Program to our 350 professional team members as a collaborative effort from the Chef, Human Resources and Maureen.”