



# WELLNESS NEWSLETTER

Hey you! You are reading our monthly newsletter for ladies like yourself. Here in the wellness newsletter we support honesty – truth – sincerity – humor – love. In this newsletter you will find an escape from the outside world. We will highlight wellness activities, explore social subjects, and hear from our own students and faculty. The monthly issue will provide students, faculty, staff, and parents at Chattanooga Girls Leadership Academy knowledge on mental, emotional, and physical health issues in our ascending movement for women in the world today.

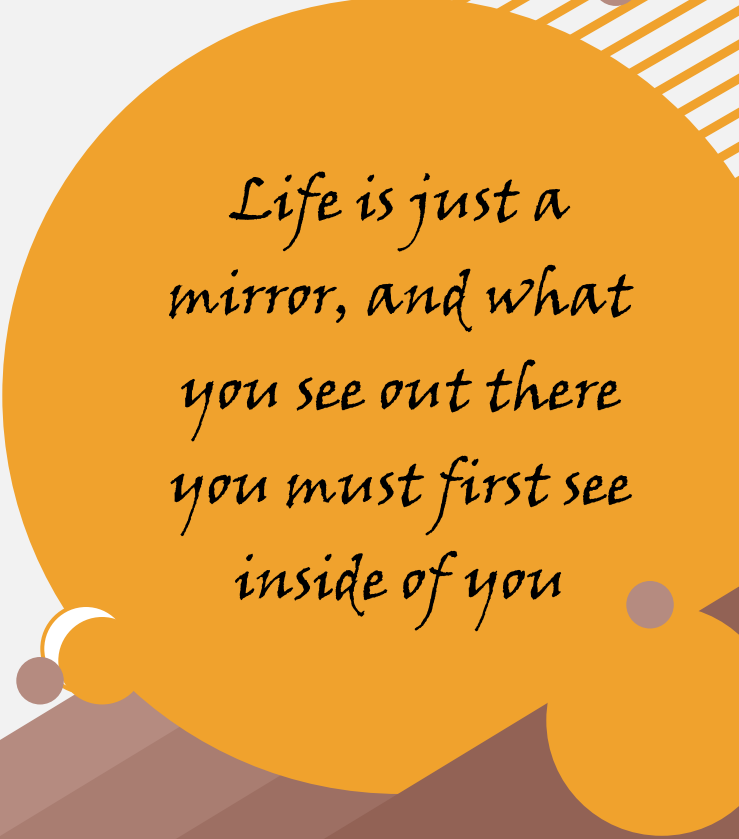
## YOU ARE SOMEBODY

You ever been told if you talk to yourself you're crazy? Well I'm here to tell you if you talk to yourself... you are actually a genius.

af·firm·a·tion: The action or process of declaring something

Each morning is a new opportunity to perform our daily responsibilities. How we begin our mornings will control (not always) the rest our day. If we firmly speak into how our day will be it's hard to have a negative thought. Of course you will not always have sunny days. But do we really have bad days in our life or bad moments \*inserts thinking emoji\*?

We must exercise self-motivation, self-love, and self-empowerment. Why not begin your morning looking into the mirror affirming *you are somebody*?



*Life is just a mirror, and what you see out there you must first see inside of you*



# Best Morning Routine Recipe

## Prepare to be Productive

Preparing the night before will assist early morning scrambling. Have your outfit picked out and any necessities needed for the next day. If you pack your lunch aim to lay out any containers needed for lunch and breakfast that will be ready to go. This process will reduce your daily morning tasks leaving you feeling more in control of the day ahead.



## Get a Good Night Sleep

We need roughly 7-8 hours of sleep per day for our body to feel completely rejuvenated. This may be a tough task for some, but resting our body allows us to be committed to a productive morning. One way to ensure this happens is by setting an alarm on your phone for bed. Make an effort to be free from sleeping with the TV on, electronic devices, or interruptions.



## Get Up Early

Getting up early requires discipline and will. If you know any successful person today you should ask them what time they get up every morning. Waking up early allows our mind and body to be prepared for the day instead of feeling rushed.



## Exercise!

Exercising is easier said than done. Making time to work out is important when managing our overall health. Morning workouts stimulates more productivity and creativity throughout your day. It puts you and others in a nourishing environment. Create time in your day to exercise approximately 150 minutes of moderate or 75 minutes of vigorous physical activity per week (30-35 minutes per day).



## Be Consistent

Everyone's morning routine will vary. The important recipe to take home is consistency. Allow your body to become familiar with the regimen. We seldom forget our morning routine. We just do it. Building this morning regimen enables your mind and body to make a healthy ritual a part of your daily routine.

For workout plan email: [leighaconley@cglonline.com](mailto:leighaconley@cglonline.com)

# Student-Athlete Of the Month



Savannah was nominated as student-athlete of the month for her leadership on and off the soccer field. She was recognized for her generosity towards her fellow peers, her influential behavior towards her teammates to leave it all out on the field, her determination to perform well in class. Read below to get to know Savannah!

## Kennedy Savannah Bass 11<sup>th</sup> grade

1 What sport do you play at CGLA?

Soccer

2 What go-to song are you playing before every game?

“Nonstop” by Drake

3 Who is your favorite rapper to listen to?

J Cole

4 What or who inspired you to play soccer?

My older brother inspired me to play soccer because he played many sports in high school and I looked up to him.

5 Who is your favorite professional sports team?

My favorite professional team is Brazil.

6 What do you love most about soccer?

I love the excitement I get when I'm playing soccer. Also, the team!

7 What professional athlete do you look up to?

My favorite player is Neymar Jr.

8 If you had to pick one inspirational quote to live by what would it be?

My favorite quote is: *“You learn more from failure than success. Don't let it stop you.” – Bram Stoker*

# Stuffed Bell Peppers Recipe

Level: Easy

Total: 1hr 35 min

Serves: 4-6 people

Active: 45 min

## Ingredients

- 6 bell peppers, any color
- 4 tablespoons olive oil
- 8 ounces of ground beef or ground turkey
- Kosher salt and ground black pepper
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 roma tomatoes, finely diced
- Red pepper flakes, as needed
- 1 cup cooked long grain and wild rice
- 1 ½ cups grated pepper jack cheese

**1** Preheat the oven to 350 degrees

**2** Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.

**3** Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the meat, season with salt and pepper and cook, breaking up the lumps until the meat is cooked through and just beginning to brown (8 to 10 minutes). Remove to a paper towel-lined plate to get rid of the fat.

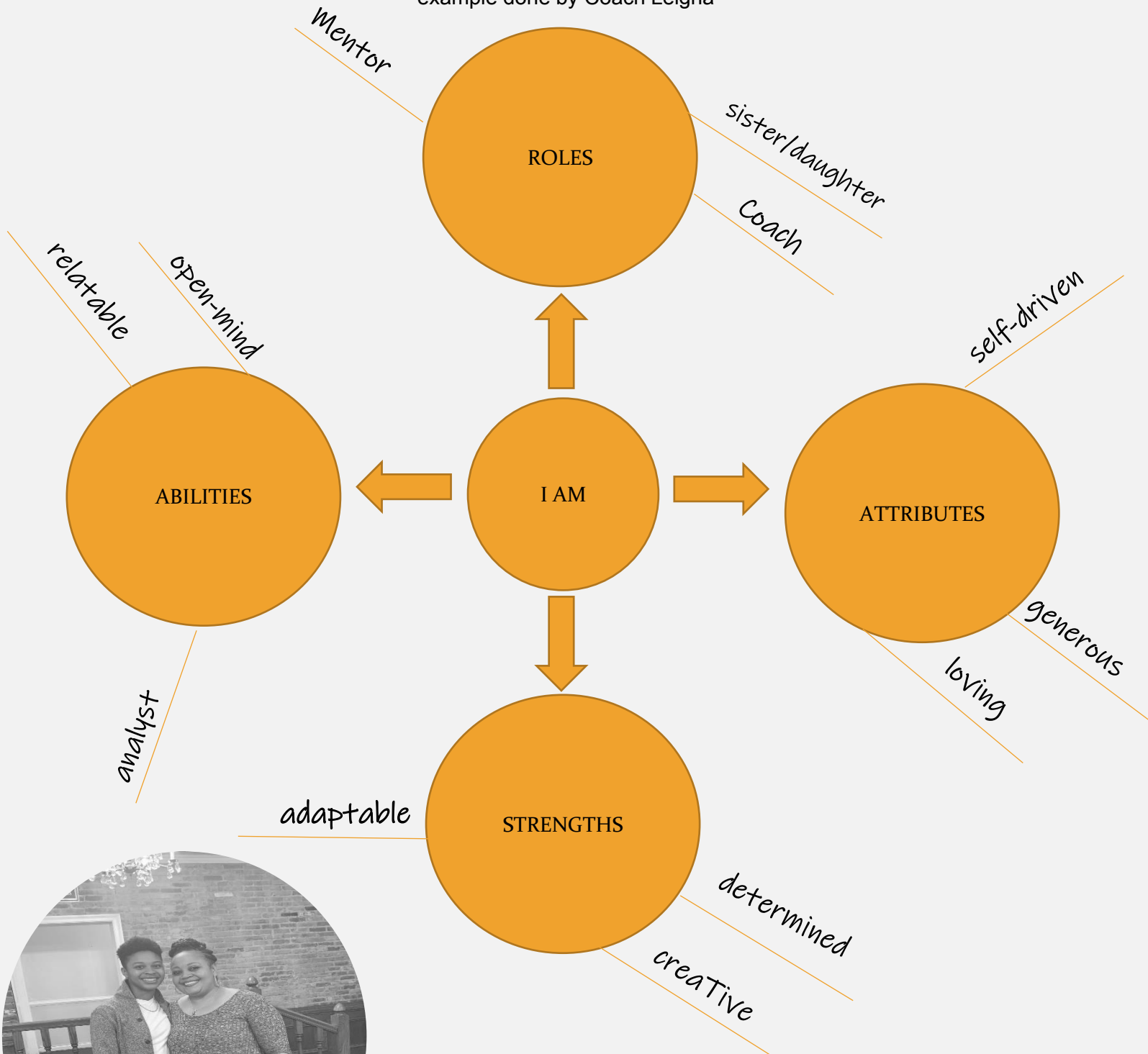
**4** Wipe out the skillet and add the remaining 2 tablespoons of olive oil. Add the onions and chopped peppers and cook until it begins to soften (3 to 4 minutes). Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through. Then, stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.

**5** Fill the peppers with the rice mixture and top each with a sprinkle of the remaining ½ cup of cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 20 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.



# Unique Me

Try this activity by listing your abilities, characteristics, strengths, and roles you play that make you unique! This is an example done by Coach Leigha



**Coach Leigha**

## TOPIC OF THE MONTH

### MIRROR, MIRROR ON THE WALL

Mirror, Mirror on the wall who's the fairest of them all? Confidence is a word we all desire to have. Confidence as we walk the halls of the school. Confidence presenting in front of an audience. Confidence performing well in the sport we so love.

#### THINGS YOU CAN DO TO BOOST YOUR SELF-CONFIDENCE

1. Smile and look people in the eye
2. Give genuine compliments to people
3. **Accept your imperfections**
4. Embrace whatever it is that you love
5. Accept disapproval

If you needed a key to become successful, *believing* in yourself is the first step.

Every day if we decided to look into a mirror and speak affirmations to ourselves we have already taken a step ahead defeating



our fears.

*Repeat to yourself:*

- I am beautiful
- I am Love
- Yesterday is history, tomorrow is a mystery, but today is a gift
- I am enough
- My presence is power

We must believe in our own abilities before anyone else will.

Learning how to believe in yourself will unlock a world of opportunities and possibilities.

#### Upcoming Home Athletic Events

September 19<sup>th</sup> – HS Volleyball vs Howard @5:30pm

September 24<sup>th</sup> – HS Soccer vs Red Bank @6:00pm

September 26<sup>th</sup> – HS Volleyball vs Polk Co @5:30pm

October 1<sup>st</sup> – HS Soccer vs Sequatchie Co @6:00pm

October 22<sup>nd</sup> – MS Basketball vs East Ridge @ 6:15pm

#### Word of the Month

### LIBERATED

A person showing freedom from social conventions or traditional ideas. To be *free spirited*.

***"You are denied opportunities, but instead can create your own"***



Link to counselor referral:

<http://cglaonline.com/counselors-corner>



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