



### **Athletes Discuss Mental and Physical Health**

On January 30, 2022 Susan Murray, Athlete Program Manager, held a Zoom call for Athlete Leadership Training. Before the training began, Susan asked each of the athletes how they were doing with their training, health, exercise and nutrition. Bailey Castille, who is from the Acadiana Area, stated she has not been feeling well for the past couple of weeks and despite feeling poorly, she has been getting her vegetables in along with staying hydrated with water as she said water helps her with hydration. As a result of her being sick, she has lost 9 pounds, however, she has still continued to go to her job once a week, where she works with a local company that makes Meat Pies. Also, another athlete, Chris Thibodeaux, stated that he was in a car accident in April 2021 and as a result, has PTSD and is working with his doctor to overcome it. Chris started back running in June 2021 and has been taking it slowly to get his running pace back up to what it was prior to the accident. He stated that he has gained a few pounds since the accident due to not running but is getting back on track now and is determined to lose those few extra pounds he's gained as he gets his strength back.

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