



Athlete Staff Starts Training for Swimming

Helen Robinson, who is an athlete in our aquatics program and also serves on staff as SOLA's Program Assistant. Helen began training in Aquatics in October 2021. She becoming a part of the Aquatics programs and becoming more involved with SOLA health programming, she has changed her eating habits and has been tracking her food and water intake. She makes healthy food choices and encourages her family and friends to eat healthier too. Helen is eating more protein and less sugar and has been increasing her water during the day and not drinking as many sugary drinks. Helen has lost a few pounds, however, she has learned how much sugar is in the different drink options including the coffee's that she is getting at fast food restaurants in the mornings before work. Helen has started using sugar substitutes in her coffee's as well as asking for low or no sugars in her coffees.

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