



Athlete Leaders Discuss Healthy Eating During the Holidays

Spoke with each of SOLA's athlete leaders on Monday, November 22, 2021 regarding Thanksgiving meals and how their food choices will not only impact them but other family members/caregivers. We asked each of them what foods they liked, why they liked the foods and how did the food choices they made affect them after the Thanksgiving meal. Chris Thibodeaux responded with "ate some really good food choices which made him able to go outside and play basketball instead of taking a nap" Also, spoke with Mikey Love about his Thanksgiving Day meal, which consisted of making a huge plate, but wisely choosing a lot more vegetables, less starchy foods and no bread. Although he made a big plate, he found that he did not eat everything and even skipped dessert. His day also ended on going for a walk and hanging Christmas lights outside. The health programming is truly paying off by teaching athletes to make healthier choices daily and even on holidays!

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