



Women on the GROW

Featuring Dwanna Hughes

April 2, 2009

By Communications Assistant Kellie Marks

Musician, mother, wife, trainer, and song writer are just a few of the hats worn by Milwaukee native Dwanna Hughes. With so many talents, staying fit is a must for Hughes as she continues to stay positive with her very upbeat lifestyle. Certified as a personal trainer, Hughes urges women to follow in the movement of living healthier lifestyles. "Becoming physically fit is imperative to leading a long productive life," Dwanna stresses the importance of incorporating some type of physical activity into your daily regimen. "We [women] make time for everything else. We need to take control of our schedule, and make health a priority."

Hughes, a mother of home and family life with body. She says "God made treat their body as a temple.

This Spring Hughes is American community obesity have the highest rates of groups in the U.S. About 4 obese. Among African Ameri-



Dwanna Hughes

two, (NaMiah and Justin) knows how to juggle business and still finds time to take care of her us to be strong viable individuals." Everyone should

urging everyone to get moving! In the African rates are astronomical. African American women being overweight or [obese](#) compared to other out of 5 African American women are overweight or cans, the high prevalence of obesity and obesity-related conditions such as hypertension and Type II Diabetes are factors reported to contribute to African American women' high death rate from coronary heart disease. The biggest change that a person of any age could make is to get active. That's what Hughes says is so great about GROW, "It keeps you in motion."

"The time is now, anyone ready to make a lifestyle change?"

Dwanna gives some tips on how to live a healthier lifestyle: **Stay away from...**soda, white flours and sugars, red meat and pork, fried foods and processed foods. **Things we need...** water, fruits and vegetables, egg noodles (more than tradition pasta), fish. **How to get moving...** walking daily, taking the stairs instead of the elevator and park further away from the entrance and golfing.

Growing Golfers One Stroke at a Time!

A Message from Founding President Tracy Pointer www.letsgrowgolf.com



You know how they say "safety first" at work in various industries, like UPS? Well think "Health First" for your mind, body, and spirit in general! Dwanna is exactly right. "We all need to pay attention to our bodies and overall well-being." Many times it is easier to say than to do and most people have bad habits to break, but recognize the benefits that a healthy lifestyle offers. And of course, there's nothing wrong with getting moving on the golf course, as she mentions. By now, everyone on the Women on the GROW distribution list should have received an invite for the Spring Season kickoff of GROW. If you haven't, please let me know. You are welcome to invite guest(s) and please RSVP. Remember you're on your own for lunch and Neely's is starting their Happy Hour one hour early for GROW.

I'm excited. Are you? We are growing at a fast pace! GROW started in April of 2007 with six ladies at the first information session. We now have over 100 on the mailing list. I recognize the level of enthusiasm that many of the ladies are exhibiting. In the meantime, I'd like to address some frequently asked questions re: the lessons. **Do I have to have my own clubs? No. The course will provide those for you. What is the attire? Shirts with a collar, no blue jeans. I suggest that you also purchase a golf glove. FYI, it is worn on your less dominant hand.**

Hope to SEED you soon!

Questions or comments or to add or be removed from the mail list info@growtoday.com

GROW * PO Box 292830 * Nashville, Tennessee * 37229