

# HEALTHY BODY, HEALTHY MIND

SEROTONIN SAYS MONTHLY:  
APRIL EDITION

# APRIL BIOGRAPHY: KATIE LEDECKY

WRITTEN  
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WONG

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GOLD

Olympic swimmer, the “First Lady of Freestyle,” or simply Katie, Kathleen Genivieve Ledecy has been called by many names in her lifetime. It’s very difficult to not have heard of Ledecy, what with the 5 Olympic gold medals and 15 world championships medals to her name (the most of any female swimmer), numerous world records, and an incredible swimming form. Ledecy is at the top of her game, and she continues to make waves today.

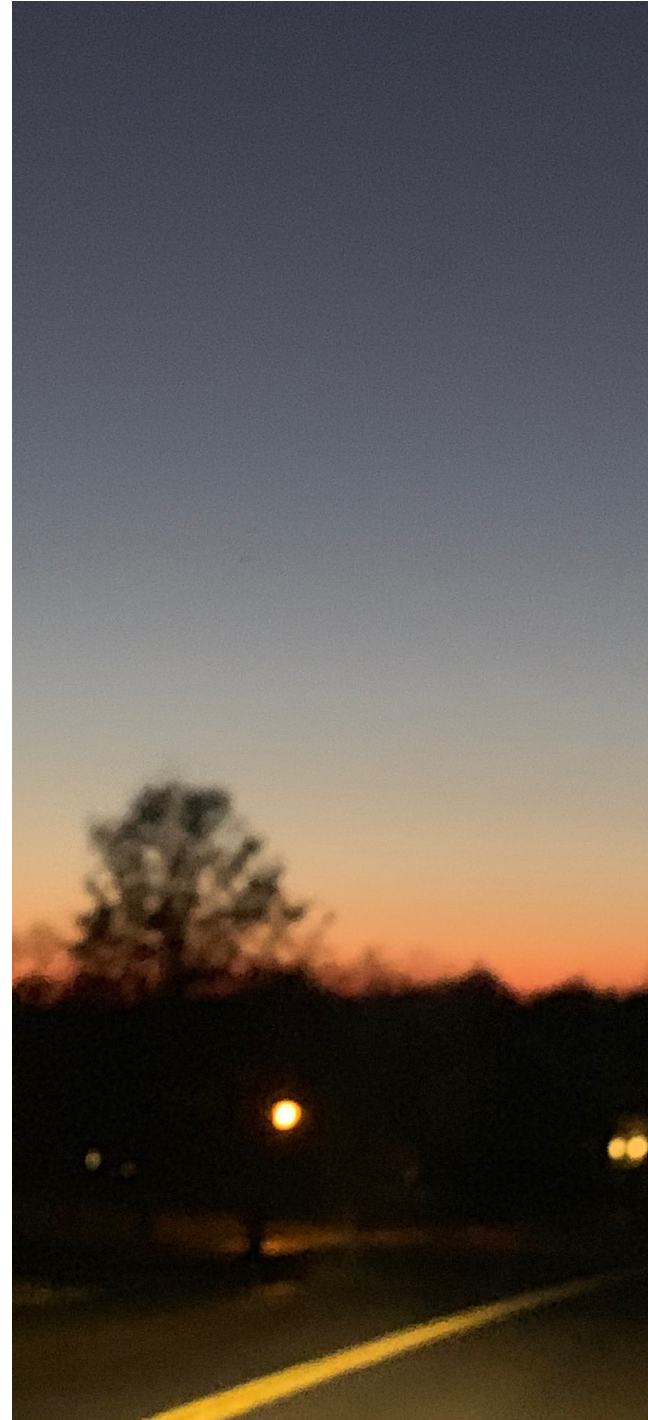
## Early Life

Ledecy was born in Washington, D.C. on March 17, 1997, and raised in Bethesda, Maryland, where she attended Little Flower School until 8th grade, and then graduated from Stone Ridge School for the Sacred Heart in 2015. At the age of six she began swimming, wanting to follow in the footsteps of her older brother Michael and her mother Mary Gen. During high school she not only held all the records of every swimming event except the 100 meter breaststroke but also held national high-school, American, and US Open records in various freestyle events. At the young age of 15, Katie shocked the world at the 2012 London Olympic games when she won a gold medal in the women’s 800 meter freestyle and kicked off her international swimming career.

## Achievements

Besides swimming Ledecy has many accomplishments in other areas. She recently graduated from Stanford University in December of 2020 with a bachelor of arts in psychology, has spoken at schools and other institutions, and participated in charity work. Alongside gymnast Simone Biles, they received the honor of being chosen as one of the sponsors of the US Navy aircraft carrier USS Enterprise.

Despite having only 23 years to her name, Ledecy has already led an impressive life, clearly evident whether it’s from her swimming career or how she has given back to her community. Swimming freestyle laps, smiling on TV, visiting children’s hospitals and swim clubs, despite the current pandemic Ledecy has continued to be a hero in many people’s eyes, whether she’s in or out of the pool.





# MINDFULNESS MEDITATION: HOW TO

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WRITTEN BY D.I. SMITH  
EDITED BY MADELINE GOLD

Before we start, think about what mindfulness meditation really is. When you hear those two words put together, what does your brain picture? Consider that for a few moments in a peaceful surrounding. Done? Well, congratulations! You have completed your first mindfulness meditation (well, sort of).

Mindfulness meditation is the practice of sitting quietly and focusing on a single thought, or your surroundings. Simply listening to your breathing can bring extreme peace. When you find your mind starting to wander while doing so, attempting to bring it back to one focus is key.

Let's try practicing together!:

1. Find a calm and quiet place to sit down in a relaxing position (if you can't find a quiet place, try putting headphones in with calming noises, such as nature playlists)
2. Take a few deep breaths (our brains find peace in simply breathing for long periods of time)
3. Continue breathing, but start focusing your mind. Perhaps you'd like to reflect on your week, or think about fun plans for the weekend.
4. And done! Feel free to do this for as long as you'd like.

Mindfulness meditation can be extremely helpful when you are stressed, which is why it is more key than ever to try it out! Remember that we are all human, and everyone is allowed to take a break. There are other types of meditation as well, and yoga can be included in this category as well, so go ahead and see what works for you.



# APRIL ZENTANGLE

BY MAYA SIEGAL



MAKE SELF-CARE A PRIORITY!



# HEALTH LANTURNE

BY WAVERLY NAKASHIMA

Heath

Happy

Mind and soul

Freedom within-

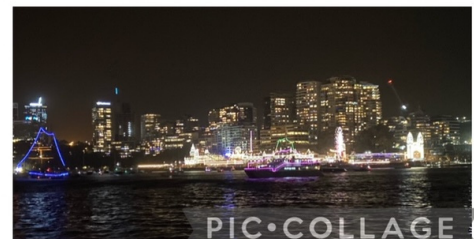
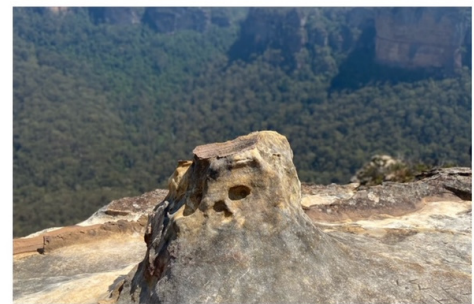
Self

*Song of the Month*

**LUCKY PEOPLE  
BY WATERPARKS**

*Quote of  
the Month*

"Health is a  
vehicle, not a  
destination." -  
Joshua Fields  
Millburn



PIC•COLLAGE





# MY FAVORITE SMOOTHIE BOWL!

BY JACQUELINE GOLD

1. 1/4 cup of almond milk
2. 2 frozen bananas
3. 1 cup of frozen strawberries

Blend until smooth, or until desired consistency is achieved. Enjoy this super simple recipe and have fun trying your own fruit combinations! For more healthy recipes, follow [@recipes\\_to\\_make\\_you\\_smile](#) on Instagram and check it out!



# **CHECK IN NEXT MONTH**

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**SEROTONIN SAYS MENTAL  
HEALTH CHALLENGE OF  
THE MONTH: TRY A NEW  
HEALTHY RECIPE!  
EXPERIMENT WITH  
DIFFERENT FOODS YOU  
ALREADY LIKE AND CREATE  
SOMETHING NEW THAT  
YOU WILL LOVE!**

**FOR MORE  
MENTAL  
HEALTH  
CONTENT**

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