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EMPOWERMENT



Super Girl Guide: The Radio Show Archives Available

November 21st 2013: Let's Be Healthy Super Girl! Super Girl Guide: The Radio Show

Let's Be Healthy Super Girl! To start the show, Rinsley and Callie shared their Power Words from last week and their new Power Words for this week. After the Power Words, the girls opened up the topic of the show which was being and feeling healthy from the inside and out. Callie and Rinsley discussed healthy eating habits, sleeping habits, and the importance of exercising. These girls have some great tips on how to be healthy in all aspects of life! This week, we had on special guest Amy Cushing, who is a yoga instructor, active mother, and writer here in the valley! Amy talked with the girls

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