

## Staying Well at the U of L – May 2014

**Donnelly Sellers, U of L Dietitian, stays well at the U of L** by playing offensive tackle for the **Lethbridge Steel!** The Steel is a women's football team based here in Lethbridge. Donnelly has been playing with the Lethbridge Steel for two years. Donnelly first joined the league when she was recruited by a Steel player while buying shoes at Sport Check. Donnelly attended a new player information night and never looked back!

Donnelly practices three times a week with the Steel. "We have great, experienced coaches that really want to help you become a better player" she tells us. Donnelly says that you really need to have a positive attitude, a desire to learn, and the ability to push beyond your comfort zone to succeed. You can be any shape, size, or experience level to play with the Steel.

Donnelly had never played team sports before she joined the team. "The Steel accepted me and my desire to learn something new" she tells us. One of the things that stuck with Donnelly was hearing "join the team and you will have 25 instant friends" from one of the veteran players. Donnelly says that's exactly what it's like, and loves the sport and team so much she is now the board president!

Thanks Donnelly for sharing how you **stay well at the U of L!** If you would like to get started playing football for the Lethbridge Steel, you can visit [www.lethbridgesteelfootball.com](http://www.lethbridgesteelfootball.com) or email the coach at [lethbridgesteelcoach@gmail.com](mailto:lethbridgesteelcoach@gmail.com). You can also attend a game! The home opener is **May 10<sup>th</sup> at 6 pm** at the U of L stadium. The Lethbridge Steel has women of all shapes and sizes, from 17-45 years old, and from all walks of life. Donnelly encourages those interested who have never played or watched football to contact the team. She says "the coaches and the players will help prepare you- they have a lot of experience and knowledge to share!"

Very inspiring Donnelly! Thank you for showing us how you stay well at the U of L!

