

Stronger

Healthier

Happier

# SUNDAY MORNING WITH TARA VOLPE MARCH 24, 2024



## EAT

### Overnight Oats

I love overnight oats for their convenience, delicious taste, and numerous health benefits. I soak the oats (I prefer Bob's Red Mill organic, steel cut) in almond or coconut milk.

I like to add peanut butter protein powder and/or flax seeds. They are very customizable, and you can tailor them to your taste preference and dietary needs. You can also add fresh fruit, nuts and sweeteners like maple syrup or honey.

Since I am on the court for long stretches of time in the mornings, the high fiber content helps me to feel full for the entire time.

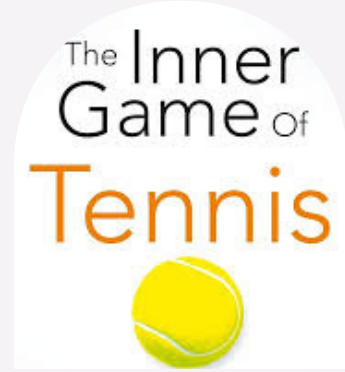


## LISTEN

### Murder & Magnolias

I have a long commute and I wish I could say I am listening to self-help podcasts. But I love all true crime mysteries and crimes, especially from Dateline. I love how Dateline unfolds the mysteries with suspenseful twists and turns.

Last week I listened to the podcast from Dateline Originals--Murder and Magnolias. It is a 6-episode series about a murder-for-hire plot between a married couple from Charleston, SC. Unlike most Dateline episodes, the intended victim is unharmed because the plan is foiled before it happens. How the FBI discovers the plan, prevents it, and successfully prosecutes the parties involved was captivating.



## READ

### The Inner Game of Tennis

I read this book a long time ago but one of my children gave it to me for Christmas this past year, so I have been enjoying it again. It is a classic sports psychology book and can benefit anyone (not just tennis players) looking to improve their performance in any activity.

Timothy Gallwey introduces the concept of our two selves: Self 1 being the critical, judgmental inner voice and Self 2 being our natural ability and instinctive play. He suggests that our peak performance occurs when Self 1 learns to trust Self 2 and allow it to perform without interference.

The concepts in this book have really helped me to perform better during my own competitive matches, and to understand the players I coach and what struggles they face during their matches.

TARA VOLPE, TENNIS DIRECTOR  
TVOLPE@ADIRONDACKCLUB.COM