

**WDGS= WHAT DID GOD SAY!**

## **September 2025 Newsletter**

### **September Sees Services!**



### **What does September symbolize spiritually?**

The spiritual meaning for the month of September which revolves around the themes of service, responsibility, and self-sacrifice is really interesting to know. It's also a great month to harvest in preparation for the coming winter months

Here's a more detailed look at why September is seen as a month of Services:

#### **1. National Day of Service and Remembrance (9/11 Day)**

- Honoring those impacted by the 9/11 attacks: September 11th is recognized as a National Day of Service and Remembrance to honor the victims and responders of the 2001 terrorist attacks. This day aims to promote community service as a way to commemorate those lost and embody the unity that followed the attacks. Organizations like 9/11 Day work to make the anniversary a day for positive action. The federal recognition of this day came with the Edward M. Kennedy Serve America Act in 2009, with AmeriCorps playing a key role in organizing nationwide efforts.

## 2. National Preparedness Month

- Fostering preparedness and resilience: September is also National Preparedness Month, focusing on raising awareness about disaster readiness for individuals and communities. This emphasis encourages service activities that build resilience and improve emergency response, such as volunteering for disaster relief. The peak of hurricane season in September further highlights the need for preparedness and related service.

## 3. Other awareness and service opportunities

- Service Dog Month: September is National Service Dog Month, celebrating the contributions of service dogs and raising awareness about their importance.
- National Voter Registration Day: The fourth Tuesday of September is National Voter Registration Day, promoting civic engagement through voter registration.
- Gold Star Mother's/Family's Day: The last Sunday in September is for honoring mothers and families who have lost a service member in combat.

**In summary, September is considered a month of service due to the National Day of Service and Remembrance on September 11th, the focus on preparedness during National Preparedness Month, and other awareness campaigns and service opportunities that encourage community involvement and support for various causes.**



# Supplements & Step-ups & Schedules

## Incorporating step-ups and supplements into a balanced fitness schedule

Building a fitness schedule around the step-up exercise, and considering the role of supplements, can lead to a well-rounded fitness routine for achieving various goals, [according to Muscle & Strength](#).

### 1. Step-ups: the core exercise

- **Versatile:** The step-up targets the glutes, hamstrings, and quadriceps and can be programmed for strength, endurance, power, or even balance, depending on your goals.
- **Form is key:** Focus on proper form to maximize effectiveness and reduce injury risk. Stand facing the platform, place one foot firmly, drive through the heel, extend the hip and knee, and step down slowly with control. Avoid using momentum and ensure the knee tracks over the ankle.
- **Variations and progression:** Start with bodyweight step-ups and gradually increase difficulty by raising the platform height, adding dumbbells, or incorporating variations like lateral step-ups or step-ups with knee drives.

### 2. Integrating step-ups into your schedule

- **Frequency:** Aim to incorporate step-ups into your lower body training routine at least once a week, suggests [movementsolutions-sc.com](http://movementsolutions-sc.com).
- **Strength/Power:** Perform 3-5 sets of 5-8 reps per leg with heavy dumbbells or a barbell, focusing on explosive drive and a controlled tempo.

- **Endurance/Conditioning:** Try 2-3 rounds of 60 seconds per leg (AMRAP style) with bodyweight or light dumbbells, focusing on high reps while maintaining good form.
- **Combine with other exercises:** Integrate step-ups into a full routine alongside squats, lunges, and deadlifts for maximum benefits. They also work well within High-Intensity Interval Training (HIIT) circuits for cardio and fat loss.

### 3. Supplementation

- **Creatine:** Enhances ATP production, allowing you to train harder and recover faster during high-intensity exercise.
- **Protein Powder:** Aids in muscle repair, growth, and recovery after workouts.
- **Pre-workout formulas:** Can provide energy and focus for your workouts, [according to HealthyCell](#).
- **Omega-3 fatty acids:** Support joint health, reduce inflammation, and improve recovery.
- **Vitamins and minerals:** Crucial for overall health and various bodily functions like energy production, immune function, and muscle contraction.
- **Beta-alanine:** Can help buffer lactic acid buildup in muscles, delaying fatigue and improving endurance.

### 4. Scheduling your routine

- **Balance:** Include at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, along with at least two days of strength training for all major muscle groups.
- **Rest and recovery:** Plan rest days strategically and consider active recovery activities like yoga, walking, or swimming, [notes Kaiser Permanente](#).
- **Listen to your body:** If you feel pain or excessive fatigue, take a break.

- **Gradual progression:** Start slowly and gradually increase the intensity and duration of your workouts.

By following these tips and building a fitness routine that incorporates step-ups and smart supplementation, you can enhance your performance, support recovery, and work towards your fitness goals effectively and safely. Remember to prioritize a balanced diet and consult with a healthcare professional or registered dietitian for personalized advice regarding supplements and your individual needs.

AI responses may include mistakes. [Learn more](#)

**What are some recommended pre-workout supplements to combine with a step-up routine?**

**Elaborate on different step-up variations for specific muscle groups**

**Elaborate on integrating step-ups into HIIT workouts**

**Step Ups – The Ultimate Lower Body Exercise for Strength ...**



**Dumbbell Step Up Video Exercise Guide - Muscle & Strength**

**Muscle & Strength**



### Greatness Of Step-Ups: Benefits for Strength, Balance & Cardio

Mar 28, 2025 — Basic Bodyweight Step-Up \* Step 1: Stand in front of a sturdy bench or step. \* Step 2: Place your right foot firmly on the step. \* Step 3: Press through your he...



### Prescription Fitness



# WDGS~Scripture & Prayer for September

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**Scripture~Ecclesiastes 3:1** “To every thing there is a season, and a time to every purpose under the heaven.”

**Theme: Order, Growth, and Faithful Progress** September is that holy in-between—where summer exhales and fall steps in quietly. This scripture reminds us that God is never rushed, never late, and never confused about timing. What feels like waiting is often preparation. What feels like delay is often alignment.

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## WDGS | September Prayer



Heavenly Father,

We come before You with gratitude for the changing of seasons—both in nature and in our lives. As September unfolds, we acknowledge that every step, every pause, and every shift is under Your divine authority.

Lord, order our steps with wisdom and clarity.

Where there has been confusion, bring direction.

Where there has been weariness, bring renewed strength.

Where we have outgrown old patterns, give us grace to release them without fear.

Help us not to rush what You are cultivating. Teach us to honor timing, trust the process, and remain faithful in the middle. May we step into this season with discipline, discernment, and a settled peace—knowing that You are the Author of every chapter.

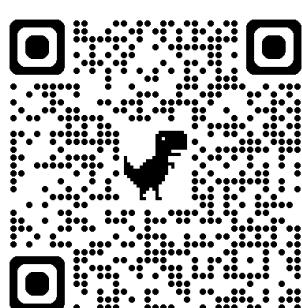
Bless the work of our hands, the thoughts of our minds, and the intentions of our hearts. Align us with Your will, Your way, and Your purpose—so that every move we make truly matters.

We thank You in advance for growth that is steady, progress that is purposeful, and peace that surpasses understanding.

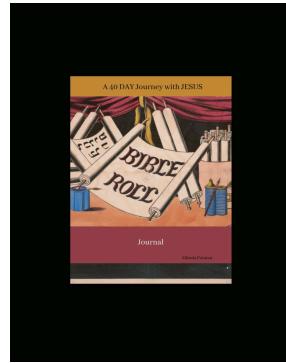
In Jesus Christ, name, we pray, **Amen**



**Have a Specific Prayer Requests: Please contact us by calling the number on  
WDGS website under FREE SERVICES to schedule a one-on-one prayer or**



**(Click on QR)**



**(click on the link )**

**[The Journal 40 Day Journey with Jesus](#)**

# WDGS Volunteers Free Connections?



WE ABSOLUTELY LOVE WORKING WITH OUR CUSTOMERS,  
CONTRIBUTORS, SPIRITUAL LEADERS, MEMBERS & MORE!

## Coming Up Events



## Free Resource



### WORKSHOP

**40 Day Journey with JESUS**  
[FIND OUT MORE](#)

### LEARN HOW TO DO YOURSELF

**How to publish your book for free**  
[INSTANT DOWNLOAD](#)

# Want to become a part of our Teamwork?

## HAVE ANY QUESTIONS ABOUT COACHING WITH US?

You can get involved today by becoming a Volunteer Coach? Simply call to sign up and you will be connecting with a group of mind changers. We are striving to build a network strong enough to impact positive changes in the lives of others that will **ALWAYS** create a positive affect on lives for the better.

**LET'S CHAT** call 757-217-6431 or

PLEASE VISIT OUR WEBSITE: [WDGS.ORG](http://WDGS.ORG)

[wdgs1000@gmail.com](mailto:wdgs1000@gmail.com) | [wdgsguest@gmail.com](mailto:wdgsguest@gmail.com)

## From the Desk of, WDGS FOUNDER & MANAGER

Hi my name is Alfreda, after I became unemployed in 2014, I elected to pursue my divine passion and became a Licensed Ordained Minister. I grew up in a committed spiritually Faith-Based environment that has always provided me with a spiritual sensibility towards having a passion to share the good news of the Gospel. No matter what giants I faced and mountains that I had to climb through life, I somehow seemed to find myself motivated through providing personal coaching by sharing tools and tips to assist others based upon my professional skills as well as Personal and Spiritual knowledge. Through a determined desire to create social innovation, community development and people empowerment from what I believe is my predestine passion WDGS was officially birthed in 2014 and became certified via the IRS as a Non-profit 501(c)3 Organization in 2017, as of 2020 the acronym WDGS became a United States Registered Trademark.



The Founder Featured Book is now available on AMAZON

**“21 Ways in 21 Days 2B More Wonderful”**

Click on Link  [21 Ways in 21 Days...](http://21waysin21days.com) to ORDER

