

Healthy & heartWise

Volume 32
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YOUR GUIDE TO WELLBEING

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AGEING
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HEALTH**

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WITH PILATES**

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AND A GLUTEN FREE DIET**

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Tatiana Grigorieva

Olympic Champion on fitness and health

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ISSN 1833-8798



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interview.

Tatiana Grigorieva, champion

Nicolette: After you migrated from Russia to Australia in 1997 you took up pole vaulting as a sport. What motivated you to change from being a national level hurdler to pole vaulting?

Tatiana: The main motivation was a desire for something that was more interesting and challenging. Pole vaulting is a complicated event that requires a number of skills including running and hurdling.

Nicolette: How soon did you become successful at pole vaulting?

Tatiana: It didn't take me long to become successful at pole vaulting. I started to represent Australia at an international level after a year of training and won my first medal at the 1999 World Championship.

Nicolette: What do you consider to be your greatest triumph?

Tatiana: Definitely the Olympic Games in Sydney. This is the highlight of my sporting career and still the best competition that I have ever been in.

Nicolette: Can you describe your training program and what it takes to be a successful pole vaulter?

Tatiana: My training program would vary depending on the time of year and the goals that I have set for myself. I train every day except Sunday for between two to six hours a day. To become a successful pole vaulter or successful at anything it takes a lot more than a good program. You need to be fully devoted emotionally and mentally to what you do.

Nicolette: Can you tell us about the Vibrogym and how it helps with your training program?

Tatiana: Well, I am always looking for something new to complement my training, and about 10 months ago I discovered Vibrogym. I became eager to try it for myself especially after looking over results from the numerous research projects that have been done on whole body vibration training using Vibrogym.

Now that I've been using it for a few months, I can tell that it definitely reduces the risk of injury, which is very important for athletes and it increases my overall strength.

And it is a fun way to work out.... Because you get a great massage from it as well as training!!!



pole vaulter

Nicolette: How important is a healthy diet in enabling you to reach your peak performance?

Tatiana: It is very important. I'm working with my body. My body is my tool. And a good healthy diet helps me to get the best performance out of it.

Nicolette: Do you take any nutritional supplements, and if so, what are they beneficial for?

Tatiana: Of course. With the demands that my body needs to be able to tolerate, nutritional supplements are a necessity. My main reasons for using the supplements are that they should improve my overall wellbeing, increase stamina, reduce the risk of common illnesses and increase the recovery.

I have been using Mannatech Products for some time now and find that I have a much stronger immune system and recover from my training sessions much faster.

I am having my best season ever and I know that VibroGym and Mannatech have been largely responsible for allowing me to train more effectively and remain healthy.

Nicolette: What do you think are the health issues of greatest concern to women of your age (31) today?

Tatiana: Women of my age are living a very busy life, building their career and looking after their family and, as a result don't have much time for themselves. Stress, low energy levels and a few extra kilos here and there come with that.

Nicolette: What advice would you be able to offer to these women?

Tatiana: Try and find at least 30 minutes for exercise every couple of days. Find the activity that you like the most - walking, running, swimming, bike riding, going to the gym, pilates (shopping doesn't count!!) and go for it. The results will be almost immediate and you will feel better after the first session.

For more info about Tatiana and her hints for a healthy and happy life visit www.tatiana.com.au

The Fast & Effective Way To Health & Well-Being

VibroGym Whole Body Vibration is a revolutionary fitness device that has been proven in practice in Europe since 1999. Research shows regular 15-minute VibroGym workouts are ideal for:

- Body-Toning & Fat Loss
- Cellulite Reduction
- Enhancing Core Stability
- Improvements In Circulation and Recovery From Training
- Improving Mobility and Balance
- Low Impact Exercise For Osteoporosis & Arthritis Sufferers

What Exercise Professionals Say About The VibroGym...

"Since I introduced the VibroGym to my clients the response has been nothing short of amazing. They are impressed at the quality of the workout with minimal effort for great results. I have clients who absolutely hated doing traditional workouts at the gym but now look forward to their VibroGym workout and they are more satisfied with the results they are obtaining."

John Sinclair B.Sc, Energetics Health & Fitness, VIC



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