

WHEN YOU'RE WEARING SECRET CLINICAL STRENGTH SPORT

the harder YOU WORK, THE HARDER it works



NASTIA LIUKIN

It's no secret that success in gymnastics takes a demanding workout schedule. Nobody has demonstrated this more than Nastia Liukin and Shawn Johnson, a pair of teen athletes who showed how hard work can pay off at last summer's Beijing Olympics.

Liukin, 19, won the individual all-around gold medal while Johnson, 16, won gold on the balance beam.

BOTH KNOW THE VALUE OF SACRIFICE AND HARD WORK AND OFFERED THESE TIPS TO HIGH SCHOOL GYMNASTS HOPING TO FOLLOW IN THEIR FOOTSTEPS.

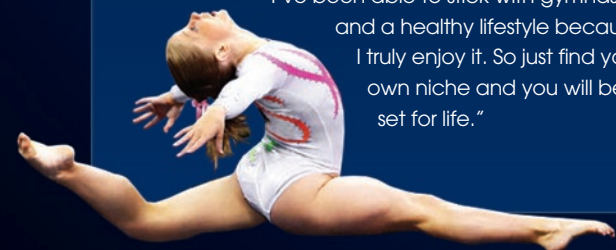
Nastia Liukin

"Set goals for yourself. I always set daily, weekly, monthly and long-term goals. Strive to achieve them! Whether it be running a mile every day for a month or winning a gold medal at the Olympics, setting goals has played a huge role in overcoming obstacles and achieving success in my life and my sport."

Shawn Johnson

"Always set goals and dreams that are obtainable and that you can motivate yourself towards. As long as you have a passion and some support for something, you can stick with it and have fun."

I've been able to stick with gymnastics and a healthy lifestyle because I truly enjoy it. So just find your own niche and you will be set for life."



SHAWN JOHNSON

LIKE NASTIA AND SHAWN, THESE COLLEGE-BOUND HIGH SCHOOL SENIORS KNOW WHAT IT TAKES TO SUCCEED.

Noel Couch - DEPAUL CATHOLIC (WAYNE, N.J.)

CLUB:
North Stars (Boonton, N.J.)
NEXT STOP:
Georgia

TOP ACHIEVEMENT:
First place, balance beam,
2008 Level 10
National Championships

"I don't call it a sacrifice. It was my choice to be here. I loved every minute of it. All my hard work for all these years is paying off."

Elizabeth Durkac - TABB (YORKTOWN, VA.)

CLUB:
World Class (Newport News, Va.)
NEXT STOP:
North Carolina

TOP ACHIEVEMENT:
Sixth place, balance beam,
2008 Level 10
National Championships

"The hardest part is the hours, the dedication, the hard work. It takes a lot of energy."

Sarah Gillespie - SMITHFIELD (SMITHFIELD, VA.)

CLUB:
World Class (Newport News, Va.)
NEXT STOP:
Ohio State

TOP ACHIEVEMENT:
Fourth place, all-around,
2008 Level 10
National Championships

"We definitely have to be in the gym a lot. The more you do your routine, the more consistent you are."

DESIGNED FOR ATHLETES

because you're hot

