

# Winning With GNLD!

**A**t an age when many top amateur athletes are resting on their laurels, Canadian world-class swimmer Lisa Blackburn has come out of retirement to post her best times ever! At 33, Lisa often finds herself racing swimmers in their late teens or early twenties—and winning. How does she do it?

“It’s all a matter of dedication, hard work, eating the right foods, and taking supplements that actually work,” Lisa says with conviction. For years, Lisa understood that it’s impossible for a busy person to get sufficient nutrition exclusively from food, and so she used nutritional supplements. But it wasn’t that easy. “I thought the supplements you buy in the health food store had to be the best available,” she sighs. But even with a regular supplement regimen she found, “I was always really tired, especially after a hard workout. I never had enough energy to do my grocery shopping or to go out with friends. All I wanted to do was go home and sleep.”

About four years ago, Lisa’s landlady, Linda Lennon, introduced Lisa to GNLD products. “I was really skeptical at first,” Lisa confesses, “but I tried the NouriShake® and the Formula IV® Plus. Right away I noticed a big difference in the way I felt.” That “done in” feeling at day’s end disappeared, and Lisa’s recovery time after hard workouts was cut down dramatically. With each GNLD supplement she added to her daily regimen, Lisa confirmed that GNLD products are very different from the supplements she had been taking for years.

The most telling effect has been on Lisa’s breaststroke performance. “In the last two years, I’ve achieved my lifetime best times in the 100m and 200m!” she grins. In 2003, Lisa took two Silver Medals at the prestigious Pan American Games, and last summer she just missed qualifying for the Canadian Olympic Team by taking third place at the National Trials. (The top two go to the Olympics.) But Lisa’s proudest achievement has been breaking the Provincial 100m breaststroke record held



World-class swimmer Lisa Blackburn

since 1988 by famed swimmer Allison Higson. Lisa also nearly broke the Canadian record for the 50m breaststroke, finishing at 31.6 seconds against a record of 31.5 seconds. “Next year!” Lisa vows.

When people ask her how she can still swim competitively in her thirties, Lisa says, “Age is irrelevant. If you believe in yourself, if you’re dedicated and willing to work hard, and if you take care of your body and eat right, age is just a number.”

Lisa also points out that GNLD has helped her make the most of her “second chance” at reaching her goals as a top amateur swimmer. She’s training now for the Commonwealth Games in Melbourne, Australia, next March, and the 2008 Olympics remain a real possibility.

Go Lisa! ■

