



Fitness Facts

Gold Medalist Volleyball Champion Serves Up Tips For Reaching The Top Of Your Game

(NAPSA)—Pro beach volleyball player and gold medalist Misty May has worked hard to accomplish her goals in the sport. Through years of hard work, determination and perseverance, she has risen to the top of her game. From being named High School National Player of the Year in 1995 to being named Best Offensive Player in 2005 by the International Federation of Volleyball, May continues to reach new heights in her career.

While her natural athletic ability and constant practice have certainly contributed to her success, May also works hard to surround herself with the best coaches, partners and tools to help her achieve her ongoing goals.

“I take my fitness very seriously since it’s such an important part of my career,” said May. “But like anyone else, I rely on a number of steps to help me do my best. Some of them, like eating a healthy diet, seem so simple, but sometimes staying with it is the hardest part. I’ve been fortunate to find tools that have helped me succeed.”

Regardless of a person’s athletic ability or goal, May offers these tips to help anyone—whether they are looking to compete at the next level in their sport or just want to more fully



When competing or playing, Misty May says it’s important to stay hydrated and eat nutritious snacks.

enjoy their leisure activities on the weekend.

1. When you’re competing or playing, be sure to stay hydrated and eat nutritious snacks. For instance, Misty keeps Gatorade and some protein bars on hand to avoid unhealthy fast food during or after her game.

2. No matter what your physical fitness level, make sure to include time to stretch both before and after your activity to warm up and cool down your muscles. This will help you avoid injury.

3. Get plenty of sleep by giving yourself a bedtime—and sticking to it! Being well rested will make it easier to tackle your goals both on and off the courts.

4. Find time to exercise throughout your day. Take the stairs instead of the elevator or use your lunchtime to go for a walk.

5. If you enjoy outdoor activities, make sure to use lots of sunscreen with a high SPF, particularly on your face, ears and neck, which won’t be protected by clothing.

6. Don’t forget to protect your eyes. Your vision is key to enjoying and performing in almost any activity. Outdoor activities should include UV-rated eyewear. May wears contact lenses and relies on a moisturizing lens solution such as Complete MoisturePlus to help keep her eyes comfortable during her long practices in the sun.

7. Make sure that you keep regular medical appointments and always tell your physician about any changes in your health status. That can include letting the doctor know if you are feeling stress from your busy life.