

Up Close & Personal With U.S. Olympic Snowboarder Gretchen Bleiler

(NAPSA)—Gretchen Bleiler took up snowboarding at the age of 10 during gym class in Colorado and was hooked instantly. Her passion led to a successful career on the slopes. She won an Olympic silver medal in Torino in 2006, made the 2010 U.S. Olympic team and grabbed four X Games gold medals. As an Olympic Legend, Bleiler shares some top tips to stay focused and at the top of your game each day.

Wake Up On The Bright Side

A morning meditation sets the tone for your entire day and helps you focus. Bleiler, who is training to become a meditation instructor, maintains that “this one simple act helps to ground me and keep me in the moment.” Set aside a few minutes a day first thing in the morning and, eventually, work up to 30 minutes.

Make Breakfast Count

“If I’m fueled properly, my day is so much easier and it all begins with breakfast,” says Bleiler. She loves a bowl of her favorite cereal but, when rushing out the door, she opts for a new Kellogg’s® Nutri-Grain Fruit & Oat Harvest cereal bar to keep her satisfied as she conquers the halfpipe. The healthy, on-the-go cereal bar delivers a hearty combination of protein, real fruit and whole grains that helps Bleiler thrive, not just survive, the whole morning.

Surround Yourself With Motivators

Your well-being can be easily influenced by those around you.



Superstar Gretchen Bleiler, one of the top snowboarders in the world.

Surround yourself daily with those who are a joy to be with, and whose presence supports and encourages you. Others may drain you of your energy. Bleiler’s husband, family, coach and positive friends help remind her that her medals are a wonderful achievement, but if you’re so focused on the goal, you’re missing the journey of getting there.

Learn More

Keep tabs on Bleiler at facebook.com/GretchenBleiler and [@GretchenBleiler](https://twitter.com/GretchenBleiler). Learn more about how you can rise and thrive with new Kellogg’s® Nutri-Grain Fruit & Oat Harvest cereal bars that keep Bleiler at the top of her game at www.facebook.com/NutriGrain.