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### Staying Fit as You Age with Heather Gollnick - Spartan ATHLETE 001

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On this premiere episode of the Friday Spartan Up series "Spartan ATHLETE," Kevin Gillotti talks with Heather Gollnick, a prolific multisports athlete in her 40s, about staying fit & healthy as a high-level athlete as we age. They talk insight, strategies & methods from her own experiences.

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