

# Staying Fit As You Age



by The Spartan Editors ·



## Multisports Athlete Heather Gollnick

On the first episode of 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. We talk insight, strategies & methods from her own experiences.

### Audio Only



### TAKE AWAY POINTS:

- Stay in love with competition
- With competitive age comes wisdom IF you listen to your body
- Cross training and multisports can lead to longevity in sport
- Keep consistent in training
- Recovery protocols are critical

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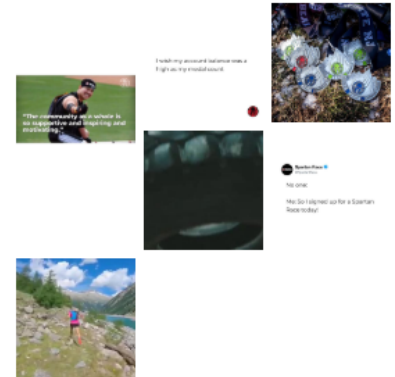
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