



The Road To The Olympics— Paved With Discipline & Sound Nutrition

Experts say there are certain physiques best suited to the hammer throw—and that Caltha Seymour has one of these physiques—but anyone who knows her workout schedule and diet understands that hard work and discipline are the biggest components of Caltha's success.

Caltha's workouts include morning runs on the beach, teaching two classes a day for Sports Doctors Inc.'s "Adventure Boot Camp," rigorous weightlifting, and wind sprints. And then, of course, there's practicing spinning around and throwing what looks like a ball and chain—with an 8.8 pound ball—many times in a row.

Caltha's diet includes several small meals per day, and excludes sweets, fatty foods, and good old-fashioned pizza. Why? Because Caltha Seymour has a goal. She hopes to represent Jamaica in the 2008 Olympics in Beijing. Her event is the hammer throw, one of the most difficult Track & Field events. (Competitors stand in a seven-foot circle and spin around four times before releasing the hammer and hoping to send it over two hundred feet!)

Nutrition is a key component to any peak performance, and Caltha knows her GNLD products play a huge role in her success. "My aunt is [Sapphire Director] Verla Seymour, so I've been fortunate enough to use GNLD products for a long time. The GR² Control[®] shakes are just what I need, both to get ready for an intense workout and to recover from one." Caltha also depends on Tre-en-en[®] and Full Motion[®] to keep her on target. "The first product I took was Formula IV[®]. Since then, I've added Stress 30, PhytoDefense[®], Salmon Oil Plus[™], Liver Plus C[™], Tre-en-en, Full



Motion, and of course, the shakes. I really notice a difference if I skip a day or two—especially with Full Motion. It helps me recover from joint soreness after a challenging workout."

Caltha's dedication to the relatively obscure hammer throw began in college at the University of Delaware. At the suggestion of the Track & Field coach, Caltha gave it a try during her freshman year—and went on to set a university record that

stands to this day. She competed throughout college and then set it aside for a while. Three years later, though, she attended a Track & Field competition to watch a friend. While there, she discovered that the hammer's world record holder, Yuri Sedykh, was holding a clinic—and Caltha was asked to demonstrate proper throwing technique! "There I was, in front of the world record holder, and I didn't even have the right shoes. I was so nervous, but I decided to spin around, let it go, and just hope for a good showing." It must have been a good showing because Caltha was back!

Since that day, Caltha has competed successfully in the Jamaican Track & Field Championships and the country's Nationals competition. While she has enjoyed much success along her journey, representing Jamaica in Beijing will be the pinnacle of Caltha's hammer throwing career. We'll be looking for her! ■