

Anatomy of a Plus Size Athlete

PHILOSOPHY



Believe in embracing the athletic lifestyle as a means of being fit & healthy. They know that everyone has their own journey and each athlete has a different starting point.

ACCEPT THEIR BODY



Plus size athletes come in a range of shapes and sizes from 12 - 24+. They know they don't need to lose weight to get active. They focus on healthy behaviors and performance and let body composition changes be a by product of their work.

TRAIN TO COMPETE

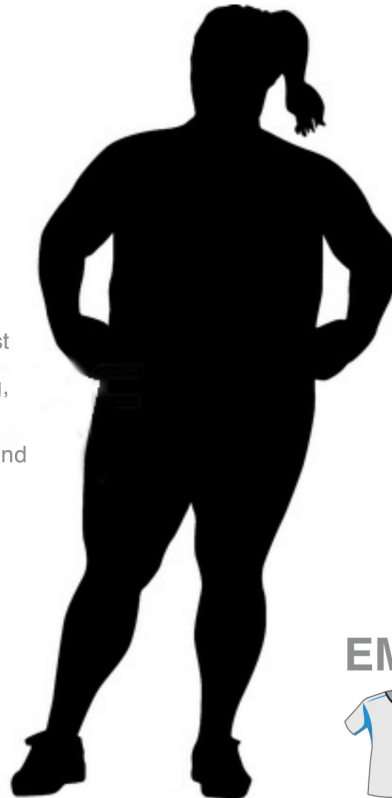


Train to compete against themselves in multiple sports including running, walking, cycling, swimming, triathlon, weightlifting, kettlebell and more.

MONITOR PERFORMANCE



Plus size athletes use heart rate monitors to check they are in the right zone and track their workouts to improve performance.



GO THE DISTANCE



Plan and set race goals ranging from a 5km to a sprint triathlon to marathons.

EAT TO FUEL



Plus size athletes know the importance of fuelling their body for workouts and recovery, so they are ready for the next one.

TAKE HOME HARDWARE



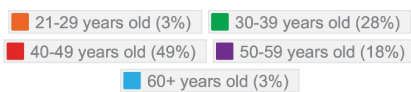
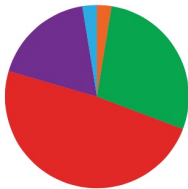
Win age group races in varying sports from triathlon to indoor rowing.

EMBRACE SPANDEX



Plus size athletes are body confident and feel comfortable training and competing in swimsuits, cycling shorts, compression leggings or a triathlon suit, to perform their best.

AGE RANGE

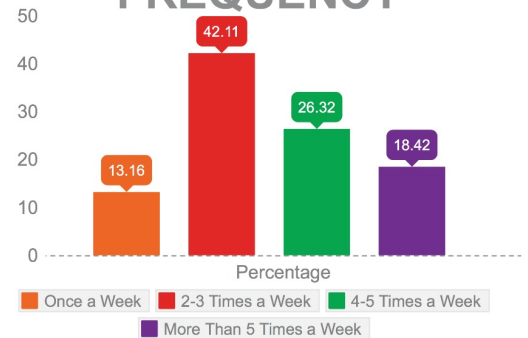


SKILL LEVEL



Plus size athletes range from beginner to Olympic level, such as Cheryl Haworth who won a Bronze at the 2000 Olympics, in Weightlifting.

TRAINING FREQUENCY



Unleash your Inner Athlete at BornToReignAthletics.com

It's a power move.



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