

Editorial for immediate use August 2009  
WORLD CLASS Athlete  
Olivier Bernhard drinks Aquakat water from Gideup



Born in 1968, Olivier Bernhard turned professional at the early age of 17. He has been duathlon world champion three times, was on a multiple Ironman winner and has claimed a number of other national titles. For years this world-class professional has been drinking Aquakat water. He says: “I have noticed that drinking Aquakat vitalized water speeds up my recovery and also improves the acid-base balance. As a top athlete these advantages are indispensable for me. I would not like to go without vitalized water anymore.” Olivier Bernhard goes on to say: “As an athlete I have learned to pursue goals, with discipline and persistence. But I have also learned about the power of vision and benefited from the knowledge of others. Exact analysis, a professional evaluation of these and an action plan based on this were the foundation of my development as an athlete. Only in this way was I able to improve my ability to perform even when others called ‘quits’.

Since 2005 Olivier Bernhard has been involved in coaching other athletes. He wants to pass on some of his valuable experience. But ordinary people can learn from him too:

“In my heart I will always stay true to sport and daily exercise in nature. Among other things because sport can serve as an ideal model for many instances in real life:

- Nowhere is it more obvious that, apart from talent, in order to be successful dedication, passion and a constant striving for improvement are also important.
- Nowhere else does defeat offer such good opportunity to find out about the reasons for it (and one's own share in it).
- Nowhere else is the need for alternating between stress and recovery more obvious – we always need both for our development.”

It was total stroke of luck for Gideup that this sport specialist has been observing the quality of Aquakat revitalized water for years.

Olivier Bernhard is not just a professional sportsman and coach; in his career he also closely considers important issues about energy. He teaches for example that:

- Sensitization of energy levels (physical, emotional, mental and spiritual)
- How can I learn energy exchange on an emotional, mental, spiritual, physical level?
- How can I control my energy balance in everyday life with my newly trained consciousness?
- Stress relief from exercise – how do hormones influence my daily routines?
- The power of total dedication
- Don't be satisfied with your current status quo - strive for a constant expansion of your comfort zone

Olivier Bernhard is a happy family man and father and he can see in his children every day that humans are “animals of movement” not “animals of sedation”

Another reason to be active!

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