



All

Summer Sports

Winter Sports

Combat Sports

Ocean Sports

Alex Kopacz

Winter Sports Bobsled

Canada

Felicity "Flick" Palmateer

Ocean Sports Surfing

Australia

J'den Cox

Summer Sports Wrestling

United States

Nikko Huelgas

Summer Sports Triathlete

Philippines

Jessica Long

Summer Sports Swimming

United States

Robert Killian

Combat Sports Spartan OCR

United States

Sarah Douglas

Ocean Sports Sailing

Canada

Matt Grevers

Summer Sports Swimming

United States

Alex Ferreira

Winter Sports Skiing

United States

Sarah Wells

Meaghan Mikkelson

Ryan Wachendorfer



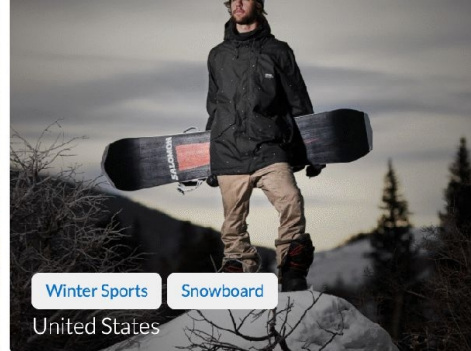
Summer Sports Athletics - Hurdles

Canada



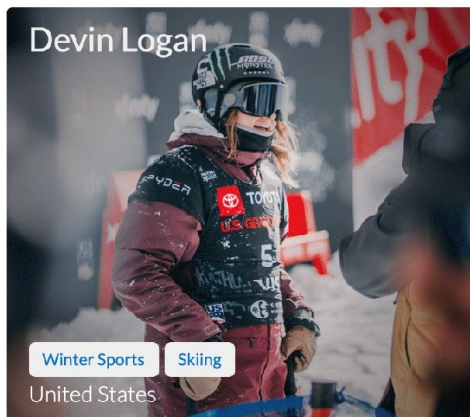
Winter Sports Hockey

Canada



Winter Sports Snowboard

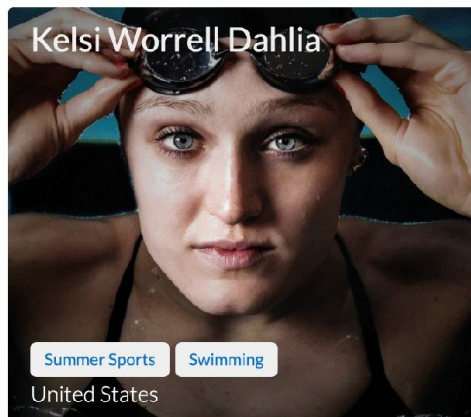
United States



Devin Logan

Winter Sports Skiing

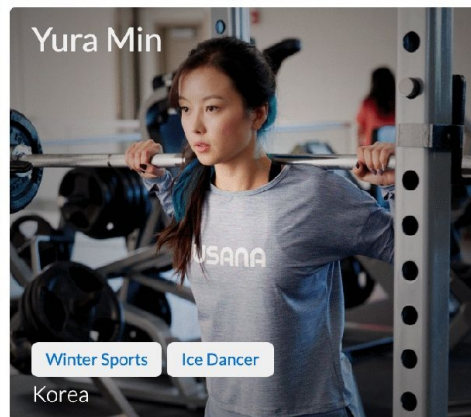
United States



Kelsi Worrell Dahlia

Summer Sports Swimming

United States



Yura Min

Winter Sports Ice Dancer

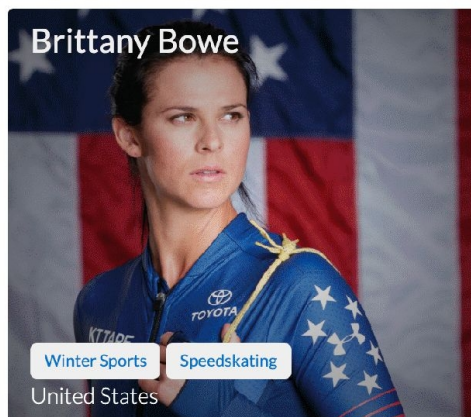
Korea



Ashley Caldwell

Winter Sports Aerials

United States



Brittany Bowe

Winter Sports Speedskating

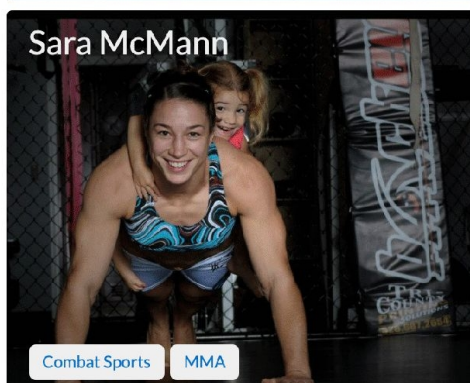
United States



Chris Mazdzer

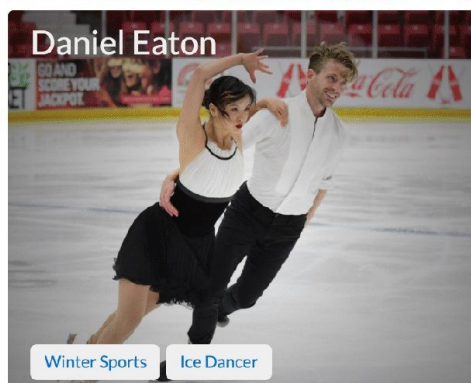
Winter Sports Luge

United States



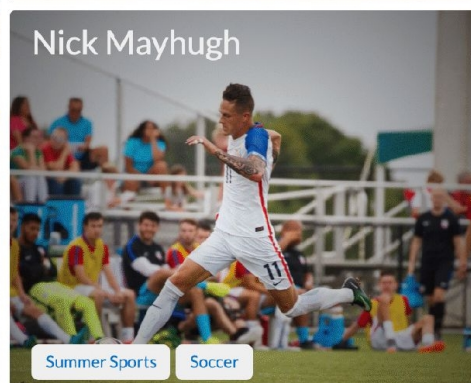
Sara McMann

Combat Sports MMA



Daniel Eaton

Winter Sports Ice Dancer



Nick Mayhugh

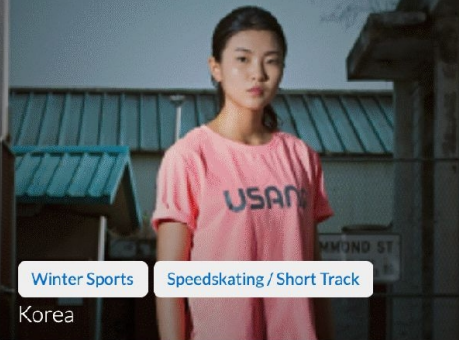
Summer Sports Soccer

United States

Korea

United States

Shim Suk-hee



Winter Sports

Speedskating / Short Track

Korea

Sam Effah



Summer Sports

Athletics

Canada

Julia Tilley

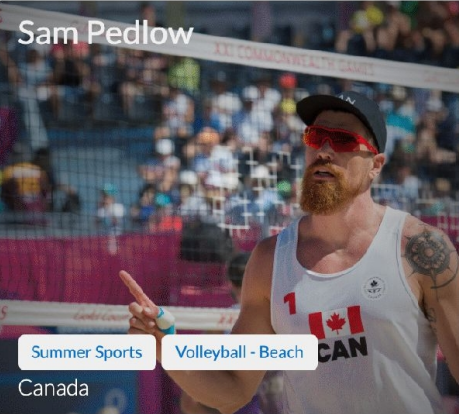


Summer Sports

Volleyball - Beach

New Zealand

Sam Pedlow

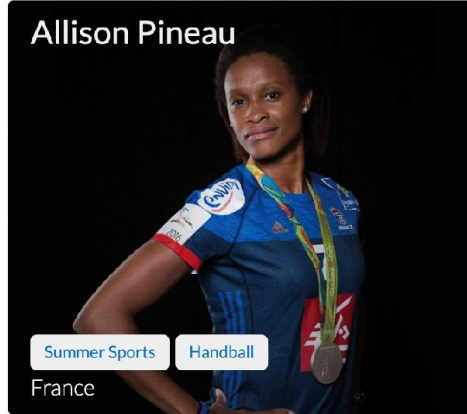


Summer Sports

Volleyball - Beach

Canada

Allison Pineau



Summer Sports

Handball

France

Adli 'Goldenboy' Hafidz



Combat Sports

Boxing

Malaysia

Mandy Bujold



Combat Sports

Boxing

Canada

Natalie Spooner

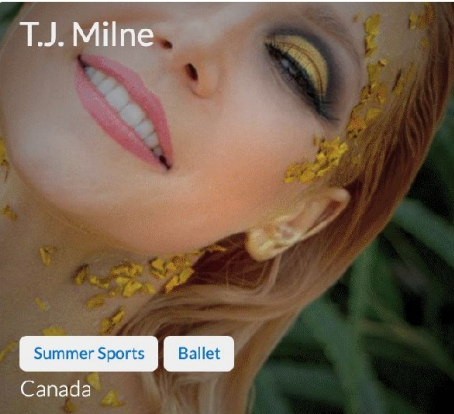


Winter Sports

Hockey

Canada

T.J. Milne



Summer Sports

Ballet

Canada

Brandon Adams

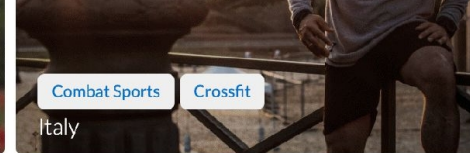
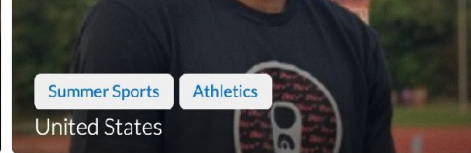


Kind Butler



Mihail Bordea





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These results are not typical. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight-loss results. Results will vary.

ATHLETE	SPORT	COUNTRY
Brianna Beahan	Athletics - Hurdles	Australia
Matt Bevilacqua	Athletics - Triathlete / Paddleboard	Australia
Olivia Vivian	Gymnastics - Artistic	Australia
Tracey Hannah	Mountain Biking	Australia
Nathan Charles	Rugby	Australia
Andy Jung	Speedskating - Short Track	Australia
Felicity "Flick" Palmateer	Surfing	Australia
Heming Hu	Table Tennis	Australia
Sam Effah	Athletics - Sprints	Canada
T.J. Milne	Ballet	Canada
Alex Kopacz	Bobsled	Canada
Mandy Bujold	Boxing	Canada
Meaghan Mikkelson	Ice Hockey - CWH	Canada
Natalie Spooner	Ice Hockey - CWH	Canada
Sarah Douglas	Sailing	Canada
Kim Lamarre	Skiing - Freestyle	Canada
Leylah Fernandez	Tennis	Canada
Samuel Pedlow	Volleyball - Beach	Canada
Ashley Lin	Figure Skating	China / United States
Wicky Yeung	Bowling	China, Hong Kong
Tyson Ng Ping Tai	Boxing	China, Hong Kong
Mario Mesa	Athletics - Marathon	Colombia
María Paz Ospina	Tennis	Colombia
Domingo German	Baseball - MLB	Dominican Republic
Lilian Nguetack	Fencing	France
Allison Pineau	Handball	France
Patricia Girard	Athletics - Coach	France

Agustina Mardika Manik	Athletics - Sprints	Indonesia
Dedeh Erawati	Athletics - Hurdles	Indonesia
Emilia Nova	Athletics - Hurdles/Heptathlon	Indonesia
Sapwaturrahman Sanapiah	Athletics - Long Jump	Indonesia
Jemima Djatmiko	Crossfit	Indonesia
Hanifan Yudani Kusumah	Martial Arts	Indonesia
Iqbal Candra Pratama	Martial Arts	Indonesia
Sarah Tria Monita	Martial Arts	Indonesia
Jendi Pangabeau	Para Swimming	Indonesia
Azzahra Permatahani	Swimming	Indonesia
Aflah Fadlan Prawira	Swimming	Indonesia
Aldila Sutjiadi	Tennis	Indonesia
Mihail Bordea	Fitness Instructor	Italy
Yurika Sakaguchi	Volleyball - Beach	Japan
JongBeom Lee (이종범)	Baseball - KBO	Korea
JungHoo Lee (이정후)	Baseball - KBO	Korea
JongHoon Park (박종훈)	Baseball - KBO	Korea
WooRam Jung (정우람)	Baseball - KBO	Korea
Yeonji Oh (오연지)	Boxing	Korea
JunYong Seo (서준용)	Cycling	Korea
KyungHo Min (민경호)	Cycling	Korea
Kyunggu Jang (장경구)	Cycling	Korea
Seonha Yoon (유선하)	Cycling	Korea
Chaewoon Kim (김채운)	Gymnastics - Rhythm	Korea
SungMin Kin (김성민)	Judo	Korea
WoonJin Kim (김원진)	Judo	Korea

Sang Ho Lee (이상호)	Snowboard - Parallel Slalom	Korea
Sangkyum Kim (김상겸)	Snowboard - Parallel Slalom	Korea
Chenho Um (엄천호)	Speedskating - Long Track	Korea
SangHwa Lee (이상화)	Speedskating - Long Track	Korea
DaeHeon Hwang (황대헌)	Speedskating - Short Track	Korea
JungSoo Lee (이정수)	Speedskating - Short Track	Korea
Lee Ying Ying	Badminton	Malaysia
Vivian Hoo	Badminton	Malaysia
Kuek Tian Yuan	Basketball	Malaysia
Adli Hafidz bin Mohd Pauzi	Boxing	Malaysia
Irfan Shamshuddin	Discus	Malaysia
Jun Hoong	Diving	Malaysia
Welson Sim	Swimming	Malaysia
Mariana Arceo Gutierrez	Athletics - Pentathlon	Mexico
Barbara Garcia Navarro	Athletics - Sprints	Mexico
Paola Morán Errejon	Athletics - Sprints	Mexico
Jessica Salazar Valles	Cycling	Mexico
Viviana del Ángel	Diving	Mexico
Donovan Daniel Carrillo	Figure skating	Mexico
Diana Flores	Flag Football	Mexico
Laura Puentes Villalobos	Frontenis	Mexico
Ivan Veloz	Gymnastics - Artistic	Mexico
Paulino Razo Padilla	Gymnastics - Artistic	Mexico
Dafne Navarro	Gymnastics - Trampoline	Mexico
Olivia Rodriguez Saavedra	Para Athletics	Mexico
Lenia Ruvalcaba	Para Judo	Mexico
Marcos Zárate	Para Swimming	Mexico

Juan Pablo Martínez-Elhore	Rugby	Mexico
Alejandra Zavala	Shooting	Mexico
Dania Padilla	Soccer	Mexico
Melissa Ramos	Soccer	Mexico
Mónica Rodríguez	Soccer	Mexico
Christian Gimenez	Soccer Trainer	Mexico
Santiago Gimenez	Soccer	Mexico
Sebastian Saucedo	Soccer	Mexico
Luis Javier Morales	Soccer / Flag Football	Mexico
Samantha Terán	Squash	Mexico
Nataly Michel	Swordmanship	Mexico
Martha Revuelta	Volleyball - Beach	Mexico
Mike Allsop	Adventurer	New Zealand
Kelsey Berryman	Athletics - Long Jump	New Zealand
Julia Tilley	Volleyball - Indoor	New Zealand
Luis Gabriel "Gab" Moreno	Archery	Philippines
Nikko Huelgas	Athletics - Triathlete	Philippines
L.A. Tenorio	Basketball - PBA	Philippines
P.J. Simon	Basketball - PBA	Philippines
Vince Tolentino	Basketball - PBA	Philippines
Rubilen "Bing" Amit	Billiards	Philippines
Donnie Nietes	Boxing	Philippines
Marella Vania "Marella" T. Salamat	Cycling	Philippines
Michelle "Michelle" Cojuangco Barrera	Equestrian	Philippines
Gabrielle Chanel "Gaby" B. Dela Merced	Motor Sports	Philippines
Santi Juban	Polo	Philippines
Misagh Bahadoran	Soccer	Philippines

Japoy Lizardo	Taekwondo	Philippines
Janice Lagman-Lizardo	Taekwondo	Philippines
Patrick John "P.J."O. Tierro	Tennis	Philippines
Katrina Tolentino	Volleyball - Indoor	Philippines
Pauline "Ponggay" Gaston	Volleyball - Indoor	Philippines
Rex Intal	Volleyball - Indoor	Philippines
Adria Delgado	Water Polo	Spain
Anni Espar	Water Polo	Spain
Raquel Gonzalez Campos	Race Walk	Spain
Su Sin Yun (蘇芯芸)	Football	Taiwan
Ting Chi (丁旗)	Football	Taiwan
LIU YI HSUAN (劉懿萱)	Rollerblading	Taiwan
Natta Nachan	Athletics - Javelin	Thailand
Phuchong Saiudomsin	Cycling	Thailand
Saysunee Jana	Para Fencing	Thailand
Banjob Suwan	Para Tennis	Thailand
Chalisa Krittanai	Sailing	Thailand
Adisorn Khaolumtarn	Volleyball - Beach	Thailand
Anyawat Nantasin	Volleyball - Beach	Thailand
Chanthira Khanok	Volleyball - Beach	Thailand
Duanggaew Jaikatog	Volleyball - Beach	Thailand
Khanittha Hongpak	Volleyball - Beach	Thailand
Kitti Duangjinda	Volleyball - Beach	Thailand
Narongdet Kangkon	Volleyball - Beach	Thailand
Nuttanon Inkiew	Volleyball - Beach	Thailand
Prattana Mongkhon	Volleyball - Beach	Thailand
Pronsuda Kritsana	Volleyball - Beach	Thailand

Rumpaipruet Numwong	Volleyball - Beach	Thailand
Saowaros Tangkao	Volleyball - Beach	Thailand
Sataporn Sawangrueang	Volleyball - Beach	Thailand
Sedtawat Pedsawud	Volleyball - Beach	Thailand
Sumintra Sow	Volleyball - Beach	Thailand
Surin Jongklang	Volleyball - Beach	Thailand
Tanarattha Udomchavee	Volleyball - Beach	Thailand
Varapatsorn Radarong	Volleyball - Beach	Thailand
Varisara Nusontara	Volleyball - Beach	Thailand
Yodsaphat Pakham	Volleyball - Beach	Thailand
Frazer Chamberlain	Judo	United Kingdom
Cory Tait	MMA / UFC	United Kingdom
Simeon Powell	MMA / UFC	United Kingdom
Alex Bublea	Muay Thai	United Kingdom
Emily Webley-Smitg	Tennis	United Kingdom
Michael Ellison-Anderton	Weightlifting	United Kingdom
Priscilla Loomis	Athletics - High Jump	United States
Robert Killian	Athletics - Obstacle Course/Spartan	United States
Kind Butler	Athletics - Sprints	United States
Alysha Clark	Basketball - WNBA, Washington Mystics	United States
Austin Trout	Boxing	United States
Ginny Fuchs	Boxing	United States
Audrey Lu	Figure Skating	United States
Chad Beebe	Football - NFL, Minnesota Vikings	United States
Patrick O'Donnell	Football - NFL, Chicago Bears	United States
Daniel Eaton	Ice Dancer	United States / Korea
Yura Min	Ice Dancer	United States / Korea

Chris Mazdzer	Luge	United States
Sara McMann	MMA / UFC	United States
Niklas Malacinski	Nordic	United States
Catarina Guimares	Para Athletics	United States
Jack Briggs	Para Athletics	United States
Noelle Lambert	Para Athletics	United States
Nicholas Mayhugh	Para Soccer / Para Athletics	United States
McKenna Geer	Para Shotting - Rifle	United States
Jessica Long	Para Swimming	United States
Ashley Caldwell	Skiing - Aerials	United States
Travis Ganong	Skiing - Alpine	United States
Alex Ferreira	Skiing - Freestyle	United States
Devin Logan	Skiing - Freestyle	United States
Ryan Wachendorfer	Snowboard - Halfpipe	United States
Brittany Bowe	Speedskating - Long Track	United States
Joey Mantia	Speedskating - Long Track	United States
Kelsi Dahlia	Swimming	United States
Matt Grevers	Swimming	United States
Jackie Hering	Triathlon	United States
J'den Cox	Wrestling	United States
Jordan Oliver	Wrestling	United States
Seth Gross	Wrestling	United States

SARAH HILDEBRANDT: A LIFE OF MOMENTUM



Watching Sarah Hildebrandt, USANA-sponsored athlete and female wrestler for Team USA, is like watching a well-choreographed dance. Her intricate precision, skill, and measured movements make you forget the athleticism on the mat. Each move appears effortless, but anyone who understands this sport knows achieving this level takes mastery.

At first, you might not recognize the tremendous strength and athleticism required to carry out such complicated maneuvers. It's a sport of power, mental strength, and graceful intuition to soar to the level of Hildebrandt's success. A well-rounded competitor, she recognizes her part in this unique and emerging sport female athletes are working to expand.



As a young girl, Sarah refused to give up on her impulse to be involved in wrestling. In the seventh grade, she attempted to start a girls' team at her school. Unsuccessful, she assumed a spot as the only girl on the boys' team. Wrestling in the lightest weight class, she took to the sport with natural ability and excessive enthusiasm. "When I first started wrestling, I was definitely met with some adversity. People didn't think I should be competing in the sport, and to this day, I still get messages from people

who disagree," says Hildebrandt. Despite the criticism, she pursues her passion to create a career for herself in women's wrestling.

Sarah was already a well-rounded athlete, participating in soccer, dance, and tennis as she entered the grappling world. But nothing topped her love of wrestling. [This impressive highlight reel](#) from her relatively short career gives you a glimpse to her athletic ability.

Consistency is Everything

At the Final X Series earlier this summer, Hildebrandt secured her spot on the World Team for the third consecutive year. "Gotta keep on trend," a cool and calm Hildebrandt chuckles. She came out of this recent competition excited and incredibly focused on September's World Wrestling Championship in Kazakhstan. The season ahead will be filled with extensive travel, intense training, and a precision focus on health and performance as she prepares to compete for the Olympic team next year. With a light and lively enthusiasm for the sport, Sarah knows her success requires excellence in many dimensions of her life.

"It's not just about training really hard those 2-4 hours in the practice room. It's about making sure your body's well taken care of. It's about recovering. It's about taking good vitamins and supplements. All those things—it's a 24/7 job."

Her persistence extends beyond the injury and setbacks young athletes often encounter with an intense commitment to their sport. Her focused drive toward her goals allows her to compete to the best of her ability, even with an injury. "You can be injured and still be a winner on the mat. I take care of my body so I can bring the best me to practice every day. After that, the results just take care of themselves."



A look inside a day in the life of Hildebrandt illustrates just how demanding it is to achieve peak performance. As one might expect from an Olympic level athlete, her training schedule is intense. She spends time practicing on the mat each day, works with her coaches to hone her strength, nutrition, and recovery, and gets in regular cardio to help her reflect and meditate. Conditioning her body and mind, as well as taking time to relax and recover, are all pieces that, together, create this incredibly talented, confident, kind, and ambitious young competitor.

"Consistency is everything," says Hildebrandt, "staying consistent and disciplined without becoming too restrictive helps me walk around at my fight weight." Having moments to relax and take the pressure off gives Hildebrandt balance in her life to compete at her best.

Facing Taboos in a Male-Dominated Sport

While women's wrestling is growing rapidly, she admits it's still somewhat taboo to be a woman competing in a male-dominated sport. "We're not quite there yet in terms of equality in the sport," says Hildebrandt. "I'm sure it's the same in other sports for women, but we're not getting the same support or coverage." However, she knows there's tremendous growth in the sport right now. "I do think it's becoming more and more accepted, a little less taboo. But it still gets funny when people discover I'm a wrestler."

In high school, Sarah was one of three women in the whole state who competed in the sport. "Now, there are 30 girls at my former high school who wrestle," she says. Currently, they are working to sanction 41 schools in the NCAA for women's wrestling. "We're well on our way." The sport has grown tremendously in such a short time, so I can only imagine what will happen in the next five years."



More and more, it's acceptable for young women to step out onto the mat. Hildebrandt is part of a community of women who are dedicated to ensuring this growth. From her own experience, she encourages young women interested in the sport of wrestling to stick with it. "When you love something, no matter what you do, someone's going to think you shouldn't be doing it," she says. "If wrestling lights you up, keep going. There's so much more good in it than bad to take away. Stay focused on what you love and block out all the people who seem to think otherwise."

Regular activity on social media helps Hildebrandt create a community and engage in the ongoing conversation around women's wrestling. "I use social media as a platform to let people know what women's wrestling is all about—to educate in a sense. Some people just don't know it exists," says Hildebrandt. It helps to "put a face to these athletes." Social creates a place for her to become relatable to fans and provide an opportunity to jump onboard the

exciting growth of women's wrestling.

But she doesn't do it alone. Her team often travels to speak to high school boards about sanctioning women's wrestling. As someone at the forefront of the sport, she takes her role to create a progressive environment around the sport very seriously. "It's our job to help propel women's wrestling into the public eye and give it the exposure it deserves. And, I love being a part of it. I think we're doing a really great job."

Wrestling Fits the Female

When you're as laser focused as Sarah, working to achieve your goals isn't considered sacrifice. She is single-minded and motivated. "Right when I joined the sport, partly because I had a lot of audacity, I decided I wanted to be an Olympic champion. I didn't even know how to do 99% of the things wrestling requires you to do." Now, 16 years in the sport, her progression and success has certainly aligned with her monumental goal of becoming an Olympian.

"Because I had a goal when I was so young, it's always been something to chase. There were moments when I didn't think I wanted it anymore. There were moments when I didn't think I was good enough anymore. But the goal stayed strong in the forefront despite all of the doubt. It's been a wild picture of progress. Now, leading into the Olympic Games it just needs to be that steady constant up, and we'll accomplish the goal."

Growing up wrestling on a male team, Sarah knows better than most what makes her excel as a female wrestler. Being female has many advantages in competition. Women, while typically not blessed with the same brute strength as their male counterparts, make up for it with lithe flexibility and agility on the mat.



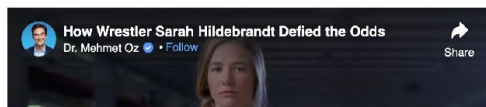
"I feel like girls really have the advantage in the sport of wrestling because we're not as strong or fast as men. Although still incredibly strong and powerful, there's an extra care we take in our technique. We can't rely necessarily on straight athleticism," says Hildebrandt. "We have to nurture the technical aspect of it, and the mental side of it—it really turns into a game of chess. I feel like we're just technical masterminds, and mixed with our athleticism, it makes a really beautiful craft."

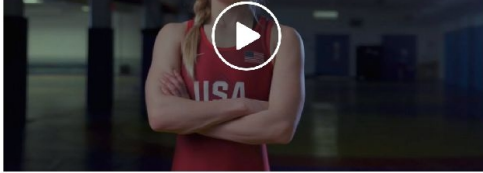
As Hildebrandt proves women are tough competitors. "I've done so many sports, and they all made me amazing, but wrestling is just so empowering. I think it's because it's so demanding in every aspect of what a human can give to something."

Mental acuity meets strength and grace. Hildebrandt is a role model for young athletes to chase their dreams. Through consistency, courage, and the knowledge that she's put in the work to make it at an elite level, she's achieved monumental success. Keep your eye on her, as Sarah continues to blur the lines of what we once thought impossible in the world of competitive sports.

5 Fun Facts About Sarah

Why she trusts USANA: I was so excited to be a part of something that is going to help me improve my day-to-day activity with products I can trust. There is something terrifying in the wrestling world, and the elite athlete world, about taking vitamins or supplements. There's always that trust issue. But when I visited USANA headquarters I was like, 'wow, this is different.' USANA just goes above and beyond.





Her favorite USANA product: I love [HealthPak™](#) to take on the go. I also love [Celavive®](#) skincare. These products are especially great to take with me while I'm traveling.

Her go-to hobbies off the mat: I love to read, and I love to bake. A few months ago, I took it upon myself to start this sourdough journey with a wild yeast sourdough starter. It's like the world's most boring pet, but I actually love it. I just keep the sourdough culture alive, and I've been on this journey of baking bread, which is very challenging. And I love fantasy novels. My favorite series right now is the Stormlight Archives.

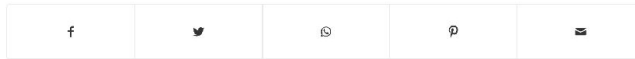
What you'll find on her playlist: I like to listen to a lot of orchestras that play songs you would hear on video games and movie trailers. My favorite to listen to when I'm training is really killer violins and cellos, it's just awesome.

Where you can follow her journey: Follow me at [@sarhilde](#) on Instagram!

*The featured athlete is a dedicated product user who has received USANA products and/or compensation for his partnership.

JULY 16, 2019 BY CANDICE KELLER

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