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The July/August 2019 issue of *International Gymnast* includes an update on 2004 U.S. Olympic team captain **Mohini Bhardwaj de Freitas**, who told IG that a well-rounded lifestyle is key to longterm success in the sport.

“Rest days, sleep, rehab and diet are just as important as your training,” said Bhardwaj, who now competes in weightlifting and is gym director at OOA Gymnastics in Bend, Oregon. “Quality is more important than quantity when it comes to doing skills in gymnastics, so keep the pounding down to a minimum.”

Bhardwaj said gymnasts can and should enhance their gymnastics training by enjoying other forms of fitness.

“Do lots of cross-training,” she said. “Getting out of the gym is fun and any sort of training — yoga, spin class, weightlifting, hiking, paddle boarding, et cetera — are great ways to complement your gymnastics training without feeling burnt out.”

Read “Raising the Bar,” the complete update on Bhardwaj, in the July/August 2019 issue of *International Gymnast* magazine. To subscribe to the print and/or digital editions, or to order back issues, [click here](#)