



# Top of Her Game

Tennis star Justine Henin tells why she loves Vemma's products.

by Jennifer Liebl

CHAMPIONNATS INTERNATIONAUX DE  
SIMPLE DAMES  
SUZANNE HENIN

**C**hampions. In the world of sports, they set our benchmarks. Athletes look to those top few for examples on how to train, how to execute and how to perform on an elite level. What champions do and how they do it is emulated by every would-be champion in their own personal arenas.

In the arena of women's tennis, that champion is Justine Henin. Currently ranked No. 1 in the world, this 26-year-old Belgian-born player has exhibited all that champions embody: physical strength, ambitious drive, stamina, determination. In 2007 alone, Justine has conquered her personal best with 25 straight victories.

At the U.S. Open in August and the Madrid Masters in November, Justine once again left her mark as a clear champion, defeating tennis greats such as Venus and Serena Williams and Maria Sharapova. As of press time, she is in Australia, hoping to dominate the Australian Open, and she looks forward to a full 2008, including competing in the Beijing Olympics. Her goal is to add yet another gold medal for Belgium to match the one she received in Athens.

In an online poll conducted by *USA Today* and MSNBC, Justine was named the 2007 USSA Female Athlete of the Year, with Brett Favre being named the male counterpart. In Spain, she was voted Sportsperson of the Year, and in her homeland, she was named the Belgium Sportsperson of the Year for the third time.

And the biggest award of the year in tennis was also given to Justine and Roger Federer. They were named the 2007 ITF World Champions. The award presentation will take place in Paris in June 2008.

There is no doubt that "Champion" precedes Justine Henin's name. But what makes a champion rise above other athletes? Genetic predisposition cannot be denied; some abilities are just present at birth. But preparation can affect the outcome of an athlete's performance. Differences in strength training, diet and nutrition, and mental preparation can all affect performance. So what has Henin learned about the types of preparation that have positive effects on her performance? She told *Success from Home*.

**"Just drinking a 2 ounce bottle of Vemma every morning gives me what I need, and I wanted to share that with my personal family and my family of athletes."**

—Pat Etcheberry

**SFH:** As one of the world's greatest athletes, your choosing to drink Vemma's health supplements is truly validating to the company. How did you discover Vemma products?

**JH:** I began working with Pat Etcheberry, one of the great names in fitness and strength training. Pat recommends Vemma's products to all his athletes and I trusted his recommendation. Once I tried their products, I became a believer.

**SFH:** Had you already been a consumer of energy supplements? How did Verve compare to what you had tried before?

**JH:** Since I like Vemma so much, I also checked into their energy supplement. I was looking for something to help me through those long matches, but didn't want to experience the usual sugar crash that comes from the others. I didn't want to drink something that wasn't good for me. Verve really worked for me.



**SFH:** How important do you think it is to add daily supplementation to your diet?

**JH:** I work very hard on my diet and nutrition; you could probably say harder than the average person. So if Pat and I can see the need to supplement my diet with extra vitamins and minerals, I know it would be good for everyone else, too.

**SFH:** What are some of your favorite qualities about Verve that make you want to drink it?

**JH:** I like the fruity sparkling taste, but I really love the energy boost I get from it. It helps me get through long training sessions and matches.

**SFH:** Would you recommend Verve to other athletes?

**JH:** Of course! I push my body past the point that most people do in a day, but that doesn't mean that there aren't many people who could use the extra energy in their day. I have a little niece who I love, but I can tell raising her takes a lot of work! All moms would probably like a little extra energy to deal with their busy days. Any student, executive or working person could benefit from it, too. And yes, I'd definitely recommend it to other athletes—just not anyone who I'd be playing in a tennis match!

With such a great 2007 behind her, Justine has great plans in store for 2008. "I still think my best tennis is yet to come," she says. "I'm glad I have Vemma supplements to help me accomplish my athletic goals." **SFH**