

World-class athlete

Olivier Bernhard drinks AquaKat water

Olivier Bernhard, three-time duathlon world champion



Born in 1968, Olivier Bernhard turned professional at the early age of 17. He has been duathlon world champion three times, was 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 noticed that drinking AquaKat vitalised 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 this vitalised 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 constantly improve my ability to perform even when others called it '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 the constant strive 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 a total stroke of luck for PENERGETIC that this sports specialist has been observing the quality of AquaKat 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:

- *Sensitisation 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 dedications*
- *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 "sitting down animals". Another reason to be active.