

# Ohio Native, U.S. Olympian & Milk Life Ambassador Reaches Out to Aspiring Athletes on Importance of Nutrition

*Emily Infeld, 2016 U.S. Olympian, Track & Field, drinks lowfat white milk as an essential part of her training*

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## EXTRA BITES

<b>CG: Emily Infeld</b> <b>2016 U.S. Olympian, Track &amp; Field</b>	<p>Emily says she has a good breakfast to fuel her for training: <i>“Even if it’s just a normal run day, I’ll have probably an 80 minute run, and then a strength training session right after with our strength coach. So, I have to make sure that I’m fueled for a few hours worth of training. So, I have a good hearty breakfast.”</i></p> <p>Emily says milk keeps her hydrated and provides nutrients: <i>“I was someone who always constantly kept myself hydrated, but I loved milk so it was also an easy way to stay hydrated with that, as well. And get some extra nutrients.”</i></p> <p>Emily says milk builds champions by providing proper fuel: <i>“I totally think milk builds champions. It’s something that is a staple of my diet right now, and I think it’s helped me a ton in my nutrition, and my fueling, and to keep me going strong.”</i></p> <p>Emily says she constantly thinks about fueling her body: <i>“I have to make sure I’m constantly fueled, and it’s something, when you’re running a lot, and you’re training really hard you’re very conscious of.”</i></p> <p>Emily says you need to fuel up right to be the best you can be: <i>You need to be fueling properly, and you need to make sure you’re getting the right nutrients in your body, in order to see how good you can be, and how great you can be, and to have a long career.”</i></p> <p>Emily says milk has the nutrients she needs for training: <i>“Milk, to me, is awesome fuel, because it has eight grams of protein, which is huge, really important pre, and post training. As well as that, it has nine essential nutrients in it. Calcium, and vitamin D are the two big ones that always stick out in my mind.”</i></p> <p>Emily says bone health is important for women who run: <i>“Especially in distance running, and for a woman, bone</i></p>
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**CG: Kelsey Broering**  
High school runner & dairy  
farmer's daughter

*health is so, so important, and it's something I've struggled a bit with stress fractures, and I have really upped my milk intake, and really been conscious of the calcium I'm getting into my body. I think that has been huge to keep me healthy, and running well, and fueled properly."*

Kelsey says working on the farm helps her get ready for school:  
*"I enjoy the working part of it, so I like to at least get my morning started with milking, and it makes me wake up and be ready for the school day."*

Kelsey says she's motivated by the hard work Emily puts in:  
*"Being a runner, you know it's gonna be tough, and you just gotta go through it, and knowing that Olympic runners have to go through it too just makes you wanna just think you're gonna be that one day, and just push through it."*

Kelsey says she's focused on getting enough milk in her diet:  
*"Hearing this experience really makes me want to just make sure I'm drinking all the milk I need, and getting the right amount of calcium, and having it with every meal."*

Kelsey describes her family's farm and the work they do:  
*"We have around 250 cows, all Holsteins, and our daily life is going outside, working around the farm, milking, getting all the milking done, and then getting the feeding done, make sure they're all getting the right diets."*

Kelsey says she enjoys working with her dad every day:  
*"I'll help him feed the cows or calves, and I'll do whatever he tells me to do. If it's a job I don't like, I still motivate myself to do it, and to get through it, and by the end of the day we're like, 'This day was a good day.'"*

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