

An interview with Shawn Johnson

How often do you think professional athletes practice?



Get a sneak peek inside the life of this U.S. gold medal-winning Olympic gymnast!



Where are you from?

Des Moines, Iowa. I live there now.

Who do you train with?

A lot of people think I have a private coach. But I train with 13 other girls at the gym!

How often do you practice?

Most athletes train about 45 hours a week. But my parents want me to have a "normal life." I train about 25 hours a week. I usually work out four hours a day during the week, and five to six hours on Saturdays. I don't practice on Sundays.

What do you eat to stay healthy?

I have to watch my diet to be a healthy gymnast. But I don't get stressed about it.

What are your favorite foods?

Chicken and steak kebabs, peaches and cream, and corn on the cob.

What do you do when you're not training?

I love to ride horses and spend time with my friends.

What do you do for good luck?

I always travel with my blankets. But I don't believe in good-luck charms!

Who are your biggest fans?

My mom, dad, and of course my coach!

A Read the interview. Then check (✓) the correct answers to the questions.

- Who does Shawn train with?
 - ☐ just her coach
 - ☐ other gymnasts
- How often does she practice?
 - ☐ 25 hours a week
 - ☐ 45 hours a week
- How much does she train on Saturdays?
 - ☐ four hours
 - ☐ five to six hours
- What does she like to do in her free time?
 - ☐ eat in restaurants
 - ☐ ride horses and be with friends
- What does she travel with?
 - ☐ a good-luck charm
 - ☐ her blankets