



elete Athlete Profile: Kelsey Stratton, Bikram Yoga



Did Bikram Yoga find Kelsey Stratton or did Kelsey find Bikram Yoga? In this case, it was a fortuitous and serendipitous meeting. In 2003, Kelsey, who lives in Cambridge, MA, was training for the 2004 Boston Marathon when she was diagnosed with sciatica. This debilitating condition occurs when the sciatic nerve, which runs from the lower back through the buttocks and legs, is irritated and inflamed. Kelsey ran the Boston Marathon, retired from running, quit her job, and started her business that sells canned oxygen: www.oxygenpod.com. It was quite a week!

Kelsey originally turned to Bikram yoga in 2004 as a form of exercise and physical therapy for her back. Bikram yoga involves a series of 26 postures performed during a 90-minute session in a humid room heated to 110 degrees. A year after Kelsey started Bikram the owner of the studio encouraged Kelsey to compete in the New England Regional Asana Championship. However, she didn't compete in her first championship until three years later in 2008.

Bikram started yoga championships because he wants to get yoga included as an official Olympic sport. A yoga competition involves a three-minute routine in which each yogi completes seven postures. The first five postures are compulsory, and the yogi selects the last two postures. Yogis are judged on

their walk, movement, general appearance, gracefulness and performance of postures. This year, Kelsey took 3rd place in the New England Regional Yoga Asana Championship.

What are your plans and goals for 2010?

"I will continue taking Bikram classes and work on new advanced postures in preparation for the 2010 New England Regional Yoga Asana Championship."

Describe your average day. What is your typical training regimen?

"I practice Bikram yoga four times a week. When I'm training for a competition I also do wall walks, which open up my spine, additional advanced postures, and practice my routine at least three times every day."

In terms of nutrition, what are the indispensable items or strategies you've found are key in giving you the edge over the other athletes?

"I can't eat two hours prior to a Bikram yoga class, otherwise I feel nauseous during my practice, so I strategically plan my meals. After class, I eat an orange or apple to get my blood sugar back to normal."



Photos: Kelsey in crane pose (upper left) and bow pose (above) at the 2009 New England Regional Yoga Asana Championship.

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Photo: Kelsey pictured in lotus in peacock pose at the 2008 New England Regional Yoga Asana Championship.

What is the biggest factor in terms of winning a match? Likewise, what are the biggest obstacles?

“One of the biggest factors in having a successful routine is being calm and collected while on stage. It’s easy to get nervous, shake, and even fall in your poses. You are on stage with over 200 sets of eyes on you in a silent room, except for sporadic camera clicks and flashes. It’s essential to remain at peace and in your zone.”

What is your personal philosophy?

“When I’m out at a bar and plan to take a Bikram hot yoga class the next day, I often order water on the rocks or a club soda with lemon so I’m not awkwardly empty handed and am hydrating my body in preparation for the class.”

How did you come across elete Electrolyte Add-In™?

“A friend gave me some **elete** samples. I added it to my water one day when I did two Bikram yoga classes. I found it prevented me from hitting the wall—where I find myself nauseous, dizzy, and too depleted to successfully attempt any more yoga postures.”

Describe some of the specific benefits you’ve noticed using elete.

“I’m not a person who likes salt. However, since I started Bikram yoga, I sweat a lot more than I used to. Often I find myself craving peanut butter and pickles, because my body needs more salt than I consume in my diet. Since I started using **elete**, these cravings are less frequent. In addition, because **elete** keeps my electrolytes up, it helps to prevent me from feeling light headed, dizzy, and nauseous during yoga class.”

For the average person who participates in mild to moderate fitness activity, what would you tell them about elete?

“If you are interested in replacing the electrolytes you lose when you exercise, **elete** is a superior option to other sugary sports drinks. It contains just the electrolytes your body needs, not the excess calories that you just worked hard to burn.” ■