

## ALLANA SLATER GYMNASTICS

*Australia's highest ever ranked gymnast, dual Olympian, Commonwealth Games, World and Australian Champion*



Photo: Jody D'Arcy

## BIOGRAPHY

Allana, from Perth, WA, started gymnastics at the age of 16 months and her list of awards and achievements seem impossible for someone still so young! At the age of 15 she was ranked the highest Australian gymnast ever, and she held a World Ranking of 5th "All Around" for over 4 years! Allana has competed in four World Championships (1999, 2001, 2002, 2003), two Commonwealth Games (1998, 2002); and two Olympic Games (2000 & 2004) and competed in 43 international events. She has won in excess of 40 medals, of which 19 were won in 2002 alone. Allana was the first Australian gymnast to ever make a World Cup Grand Prix Final where she won both Silver and Gold medals. She has won the most medals of any WA Commonwealth Games Athlete of all sports in history and was a finalist in WA's "Greatest Ever Sporting Achievement by an Athlete" Award. She was named in Scoop Magazines "Top 25 most Inspirational West Australians" and was nominated as the 2004 WA Young Australian of the Year.

Allana is an AOC Athletes' Commission Member, WAOC Executive Commission Member, ONOC Athletes' Commission Member and is a motivational speaker. In her spare time, Allana enjoys spending time with family and friends, attending theatre and shows and dancing for fitness.

## NU SKIN PRODUCTS USED

- Pure Cleansing Gel • pH Balance Mattefying Toner • Moisture Restore Day Protective Lotion with Sunscreen
- Facial Scrub • Enhancer Skin Conditioning Gel • Epoch Glacial Marine Mud • Epoch Firewalker Moisturizing Foot Cream • Epoch Ice Dancer Invigorating Leg Gel • Perennial Intense Body Moisturizer

## RECENT CAREER HIGHLIGHTS

- 2006 • Commentator at Commonwealth Games (Gymnastics) for host broadcaster
- 2005 • Retired from gymnastics as the "Most Decorated Australian Gymnast - WA"
  - World Championships Ambassador
- 2004 • Olympic Games - 10th All Around; 8th in Beam Finals; 8th in Team Finals
  - Australian Team Captain and Female Gymnast of the Year
  - Triple National Champion - All Around & Multiple Apparatus Champion
  - Finalist - "WA Young Australian of the Year"
- 2003 • World Championships - Captain of the first Australian World Championships team to ever win a medal - Team Bronze
  - Triple National Champion and Senior Gymnast of the Year
- 2002 • Commonwealth Games Champion (Team and Vault), Silver on Bars, Beam and Bronze in All-Around
  - World Cup Finalist - Uneven Bars, Balance Beam, Floor Exercise
  - Australian Champion - Vault, Uneven Bars and Floor Exercise and Senior Gymnast of the Year.

## PRODUCT TESTIMONIALS

*"As an artistic gymnast, my body had to be kept constantly stable, and well balanced nutritionally because of the enormous demands of my sport. My training regime, of up to 50 hours each week, 52 weeks of the year, involved difficult tumbling, jumps and leaps that had a high impact on all my joints, whether warming up or training full routines. Gymnastics requires good flexibility, great strength in both the upper and lower body, and enormous endurance. As you can imagine the lower body takes most of the impact in gymnastics. To try to combat this constant stress, I used Epoch Ice Dancer Invigorating Leg Gel, Epoch Firewalker Moisturizing Foot Cream, Perennial Intense Body Moisturizer and Enhancer Skin Conditioning Gel everyday."*

*"Although I may not be training now, Nu Skin products are still an essential part of my daily routine. Life continues to be very busy, with very regular travel either overseas or interstate. I would highly recommend the use of Nu Skin products not only to athletes, but to anyone who has a busy schedule with little time to dedicate to looking after their body."*

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For more comprehensive details on skin science, skin care and Nu Skin products, please visit:

[www.nuskin.com.au](http://www.nuskin.com.au)



### **180°® Anti Ageing Skin Therapy System**

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### **Nutricentials™**

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For a healthy sense of balance, treat yourself and your family to Nu Skin's total care offerings. Our body care, men's care, oral care and hair care products are designed to deliver superior benefits from head to toe for the ultimate sense of total body wellness.



### **Nu Skin for Men - Dividends®**

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