

Mancuso shares food strategies for winning gold

By Access Hollywood

Olympic champ Julia Mancuso is going for gold at the upcoming Winter Olympics in Sochi.

“I can feel the difference between winning silver and gold. I really want to win gold, so I put a lot of pressure on myself to do that. I’m in a better position [than the last Winter Olympics]. I’m healthier. I’m skiing faster and more consistent. I feel better prepared,” Mancuso reveals to Healthy Hollywood.

The 29-year-old is getting ready to hit the slopes and begin her last push before Sochi. She tells me the most competitive time of the year is right after Thanksgiving through the Olympics. So, the next three weeks are crucial.

“I’m pretty busy it is my last opportunity to get my equipment dialed in and then I get a quick break for a week and then I won’t be home until springtime. For me, I need to get all those days on the snow and in the gym and feel really healthy,” Mancuso adds.

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