



## Far West Ski Association

presents the **Bill Berry Award, Featured Article** to

# *Lindsey Vonn — Author, “Strong is the New Beautiful”*

Olympic Alpine skier **Lindsey Vonn** wants women to stop thinking about “losing weight fast,” and instead focus on loving their bodies for what they are and what they can do.

Lindsey is a small-town Minnesota girl at heart turned world-champion skier, but that didn’t come without hard work. In *Strong Is the New Beautiful*, Lindsey lays out the never-before-seen training routines and her overall philosophy that have helped her become the best female skier in the world—tailored for women of all shapes and sizes.

Lindsey backs up her fitness program with advice on what to eat and how to work out, and kicks readers into high-gear, helping bolster their self-confidence and build a better body image, with the tips and tricks she’s learned as a pro.

This is Lindsey’s regimen, and she encourages people to take from it what will work for them. She bounced back from injury not by doing every single thing a trainer said, but instead, by thinking about the fitness plan that would work for her, and eating the right foods that would make her feel and get healthy.

In *Strong Is the New Beautiful*, she interweaves her training and diet regimen with compelling stories of her life growing up in the heartland, her love of skiing, the challenges she’s faced— including injuries, illness, and depression—and her secrets to wellness, fitness, and recovery.

Olympic gold-medal-winning alpine racer Lindsey Vonn is the most successful female skier in history.

Lindsey has an impressive list of world class skiing titles— 4-time overall World Cup, 8-time Downhill World Cup, 5-time Super-G World Cup, 3-time Combined World Cup— and two Olympic medals.

Lindsey is currently training for the 2018 Winter Olympics, for which she has been named an International Games Ambassador.

*The Bill Berry Award is for Print Coverage of Skiing. This award is given for outstanding service to skiing and is presented to writers for either a featured article or hard news.*