

# Introducing...

# Christina Fossheim

## ...our new Aerobics champion

**Congratulations** to the new British Aerobic Gymnastics Senior Champion... **Christina Fossheim.**

Born on 18th July 1985 and coached by Gary and Natalia Iliencko Jarvis of Heathrow Aerobics Gymnastics Club, we asked Christina to tell us about herself...

“ It felt really great to become British Champion. I was so pleased to have performed my routine well on the day after lots of hard work in the gym. It has been the biggest ambition of mine since starting the sport in the beginning of 2006, I'm really happy to have fulfilled that! ”

**When did you start gymnastics and why?**

I started Artistic gymnastics when I was 8 at the South Durham Gym Club after watching a major championships on the TV. When I moved down to London, I switched to Aerobic gymnastics as it was always something I was interested in doing but there were never any clubs near me in the north of England.

**What's your favourite apparatus/routine and why?**

Female individual- it's very exciting to compete, you really get to show off and perform all of your best skills.

**How much training do you do?**

4 times a week at Heathrow and I do fitness and strength work in the gym and jogging in my own time.

**What are your hobbies outside gymnastics?**

Socialising with friends, art, shopping, going to the gym.

**What makes you laugh?**

My friends, comedies, embarrassing moments.

**What are your ambitions in and out of gymnastics?**

In gymnastics - top 8 in the world and top 8 in Europe.  
Out of gymnastics - to graduate in my sports science and nutrition degree and get a job in health promotion and personal fitness training.

**What are the best and worst things about being a gymnast?**

The best thing is achieving success after all the hard work in a sport you love. Meeting new people, visiting new places and countries. Seeing all of my friends in the gym. The worst?... Injuries!

**Who is your gymnastics idol and why?**

Svetlana Khorkina- for her grace, elegance, and ability to perform difficult combinations with ease!

**Do you have any superstitions or rituals when you compete?**

I like to visualize myself doing my routine correctly in a quiet space on my own prior to competing and the day before I like to do something different to take my mind of things like spending time with my family or shopping.



**Favourite things**

**Food**

Seafood, Italian and Chocolate  
*(An Aerobics speciality?! - Ed)*

**TV**

Hollyoaks and Prison Break

**Film**

The Notebook, Titanic and Forrest Gump

**Film Star**

Johnny Depp and Julia Roberts

**Music**

Mariah Carey, Michael Jackson and Eva Cassidy

**Sports Personality**

Dame Kelly Holmes

**Q&A**

**Advice to youngsters?**

Train very hard, believe in yourself and trust your coaches... don't ever give up when things go wrong.

**What is it about Aerobics that you love?**

I love the buzz of performing my routine in competition. The sport is very dynamic, set to loud music, you really get to express yourself and show that you are really enjoying the performance, making the skills that you've worked so hard on look so easy.

**How has your support network helped you progress in the sport?**

My support team has helped me a great deal. It's not always easy living away from home at university but my coaches are always there to help and my parents and family come to watch me compete frequently.

Christina was talking to **Tim Peake** of The Gymnast magazine.

