



Canadian Growers of Beans, Chickpeas, Lentils and Peas (pulses)

Proudly Present **Pauline Van Roessel**,
National Rowing Team Member
and 2004 Olympic medal hopeful

... as spokeswoman for a Healthy Lifestyle

"Pulses give me the high-energy, low fat diet that I need to perform at my best."
Pulses are high in iron, calcium and B-vitamins and are a great source of vegetable protein and dietary fibre. Pulses have complex carbohydrates – the good Carbs - that are released slowly into the blood stream allowing for sustained performance.
"This is key for the long distance training required for rowing."

... as spokeswoman for Pulses

Pauline grew up on a farm in Southern Alberta, and at a very early age became interested in athletics. After watching the powerful Canadian rowing team win medals in Atlanta in 1996, she decided to take up rowing. She learned to set high goals, train hard, and build physical strength. "In order to succeed at the Olympic level, I need to reach my peak performance, and a healthy diet will get me there"

Pulse Canada is proud to sponsor this exciting athlete in a cross Canada speaking tour after the Olympics. If you would like Pauline to bring her unique blend of humor and healthy lifestyle message to your organization please contact: office@pulse.ab.ca or 1-877-550-9398

