

ADVERTISEMENT



HEY, EVERYBODY!

WHEN I WAS GROWING UP, I WAS AROUND OLDER KIDS WHO SOMETIMES WOULD PUSH ME TO DO THINGS THAT WEREN'T HEALTHY. I CHANGED DIRECTION WHEN I STARTED PUTTING ALL MY ENERGY INTO SHORT-TRACK SPEEDSKATING. I DISCOVERED THIS CONFIDENCE I'D NEVER HAD BEFORE, WHICH HAS CARRIED OVER TO THE REST OF MY LIFE. EVEN IF I'D NEVER WON A MEDAL, I WOULD STILL FEEL LIKE AN A.L.L. STAR.

EACH OF YOU DESERVES TO HAVE THAT FEELING TOO, AND ANYTIME YOU CAN PUT YOUR HEART INTO SOMETHING—SCHOOL, SPORTS, YOUR FAMILY, YOUR COMMUNITY—YOU'RE GOING TO ACHIEVE GREAT THINGS. TO ME, LIFE'S ALL ABOUT FINDING YOUR OWN PASSION AND LEARNING TO THINK FOR YOURSELF. DON'T EVER FEEL PRESSURED TO TRY THINGS YOU DON'T WANT OR THINK A CERTAIN WAY—ESPECIALLY WHEN IT COMES TO ALCOHOL. VISIT ASKLISTENLEARN.COM AND BECOME AN A.L.L. STAR TODAY!

—APOLO

To learn more about becoming an A.L.L. Star like Apolo Anton Ohno, visit:
www.asklistenlearn.com

