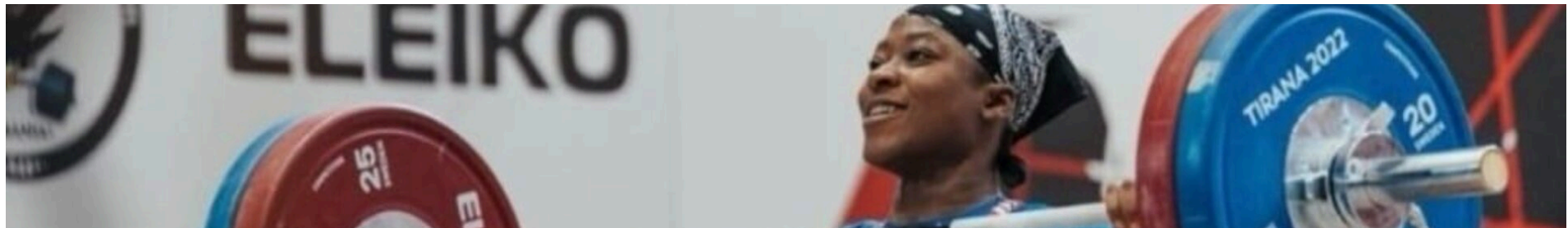




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TO PARIS WITH PEPTAN: HOW WEIGHTLIFTER MARIE JO FEGUE UNLOCKS STRENGTH WITH COLLAGEN PEPTIDES



## TO PARIS WITH PEPTAN: HOW WEIGHTLIFTER MARIE JO FEGUE UNLOCKS STRENGTH WITH COLLAGEN PEPTIDES

24 Apr 2024

*In weightlifting, where every ounce of strength counts and the margin for error is slim, athletes are pushed to their*



***Marie Joseph Fegue (@mariejo-fegue) to delve deeper into this discipline. In this interview, Marie Jo shares more about her journey, how she protects her body from injury, and how, as she prepares for the Summer Olympics in Paris, she can't do without her daily dose of Peptan collagen peptides.***

*In weightlifting, where every ounce of strength counts and the margin for error is slim, athletes are pushed to their limits. How do they succeed? We spoke with weightlifting phenomenon, Olympic hopeful, and new Peptan Ambassador, Marie Joseph Fegue (@mariejo-fegue), to delve deeper into this discipline. In this interview, Marie Jo shares more about her journey, how she protects her body from injury, and how, as she prepares for the Summer Olympics in Paris, she can't do without her daily dose of Peptan collagen peptides.*

## **From aspiring weightlifter to European gold medalist**

Born in Cameroon, Marie Jo discovered her passion for weightlifting at the age of 14. 'After seeing it on TV, I was fascinated. So much so that my uncle agreed to take me to meet a trainer,' she recalls. 'They saw my potential, and I started training and competing. Eventually, I joined Cameroon's national team.'

Since then, Marie Jo has devoted her life to pushing herself to excel in a sport where strength, precision, and resilience are everything. Across her career so far, Marie Jo has accomplished remarkable feats. Representing France, she has won gold medals at the European Championships and Commonwealth Games, and secured gold at the



## 'I wish I knew about collagen earlier'

While encountering her fair share of setbacks due to joint injuries—a common plight for many athletes, especially in high-impact sports like weightlifting—Marie Jo didn't discover the power of collagen peptides until later in her career. 'Exercise and nutrition go hand in hand for me, so I have always taken a range of supplements. But I certainly wish I had heard about the benefits of collagen sooner!' Collagen, the most abundant protein in the body and a crucial component of tendons, ligaments, and cartilage, plays a pivotal role in joint health and recovery. Incorporating collagen peptides into her diet has been a revelation for Marie Jo, providing her with the support she needs to push her limits without fear of injury. 'If I had known about it earlier, I would have started taking it at a



## Taking sports performance further with Peptan

Marie Jo got her first taste of collagen peptides by drinking **Qwell** – a sports drink that contains water, premium hydrolyzed collagen, and a combination of minerals and vitamins. After doing extra market research, Marie Jo discovered the Peptan brand, and swears its exceptional quality and real results. 'Quality is very important to me and I've experienced the results first-hand, so when Peptan approached me, I knew it was a good idea to sign with them. It has been a great collaboration so far and I couldn't think of anyone better suited to accompanying me on this journey.'





Nowadays, Marie Jo can't do without her sizable container of Peptan. 'There is always a huge tub of [Nutripure x Peptan collagen peptides](#) sitting on my countertop. It's super easy to incorporate into my diet. All I do is add a scoopful of the powder to a glass of cold water every morning,' she explains. She adds that another benefit is how easily the body absorbs and utilizes collagen—a crucial factor for athletes like Marie Jo who demand optimal performance from every aspect of their regimen. 'Of course, collagen is beneficial for hair, nails, and skin, but where I notice the most significant impact is on my joints and recovery.'

Does she think more people should tap into the benefits that collagen has to offer? 'Absolutely! Whenever I get the chance, I encourage people to take collagen peptides. I'm always telling people, young or old, that they should start taking it. There isn't a wrong age to begin! Just start taking them now.'

## **Don't miss Marie Jo on the road to win!**

As she prepares to represent France at the 2024 Summer Olympics in Paris, Marie Josephe Fegue stands tall as a testament to the power of perseverance, dedication, and innovation. With Peptan collagen peptides by her side, she's ready to take on the biggest sporting event of the year—and whatever challenges may lie ahead.

*Follow Marie Jo on her journey on [Instagram](#); and, discover more about the other Peptan Ambassadors striving for Olympic and Paralympic success this summer:*



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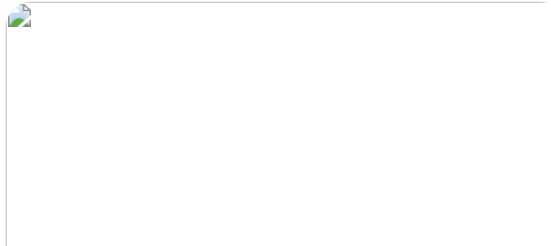
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Meet Marie Jo, the weightlifter on the road to win with Peptan

