



interview 29 days before the Paris 2024 Olympic Games
with

Marie-Josèphe Fegue

Marie-Josèphe is not only an excellent athlete but also an inspiration for many young weightlifters in France and around the world. Her determination and successes perfectly illustrate the values of sport and the spirit of competition.

Marie-Jo, thanks to her experience and career as a high-level weightlifter, is convinced that incorporating collagen supplements into the daily diet can bring significant benefits for everyone looking to improve their performance and overall well-being.

1. Can you describe your typical training day?

M-J F: My day includes two daily training sessions: the first training is at 10:30 am, then I have lunch and take a rest. Then the second training is at 4:30 pm, and so on every day. The first is for strength training, and the second focuses on my technical movements. I have half a day of rest per week. This is my daily routine, aside from two mandatory annual competitions, the World Championship and the European Championship, and those that are on my Federation's schedule.

2. What are the main differences between your preparation for national and international competitions?

M-J F: There is no difference in my competition preparations. Each one is important, each has its own stakes for the season, depending on the set objective. My training remains just as intense.

3. How do you manage pressure and stress before an important competition? And before the Paris 2024 Olympic Games?

I try to stay myself and simply think about why I am here. The Olympic Games remain a competition, like any other, with the difference being that it happens every four years. So similarly, I stay myself because one more or less stress won't change the mindset and why we are here.

4. What type of diet do you follow to optimize your performance?

I don't follow any particular diet, I eat normally and whatever I feel like, I simply reduce my portions to move down a category when required. Once again, I don't change my habits, I avoid creating an imbalance in essential details.



5. You are the Sports Ambassador for Qwell, a brand of innovative collagen drinks, and Peptan, a world leader in collagen peptides. Why this choice? What role does this protein play for you?

I discovered collagen when I arrived in France in 2015. I regret not knowing about it before. Every day, at breakfast, I take Peptan powder that I add to my yogurts and water. During the day, I drink Qwell collagen water, which I recently discovered and which revolutionizes athletes' daily lives. Easy to carry, it hydrates and provides collagen and micronutrients during my training. Qwell uses Peptan in its recipes, which is of the highest quality, clinically tested with scientifically proven benefits. So, it made sense for me to represent the products that support me every day.

At first, I quickly saw its benefits for my hair and nails. But its essential role is for my joints. We, weightlifting athletes, often get injured, we have knee pain, and collagen helps us recover more easily, can reduce pain and prevent injuries, strengthen our performance, and provide general well-being.

Thank you, Marie-Jo, for your testimony!

Our warmest wishes for your participation in the Olympic Games! It is a great honor and a true achievement to be selected to represent France on the world's biggest sporting stage. You proudly carry our country's colors, and we are convinced that you will offer us unforgettable moments. We are all behind you, supporting and encouraging you. Achieve your dreams and goals! Surpass your expectations! Good luck and go France!

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