

# KARATE WORLD CHAMPION GAINS COMPETITIVE EDGE WITH SYNERGY



**Cathy McAleer is one tough woman, both mentally and physically. An elite athlete in mixed martial arts, her schedule is booked with all things karate – from training herself and other karate champions to playing crucial roles in the operations of karate throughout Ireland.**

Cathy is the Founder of NIKA (Northern Ireland Karate Academy) and runs two clubs in Queens Leisure Complex Holywood and Stormont Pavilion where she helps train a number of World, European, British and Irish champions. However, neither of these responsibilities are her full-time job. She works day-to-day as a general manager of one of Northern Ireland's Virgin Active Health Clubs. In addition to being certified in sports massage therapy, Cathy has a bachelor's degree in sports marketing.

Cathy began using Synergy products and found tremendous benefits after only three weeks. Her training regimen is intense and can do a lot of damage to her body, but Synergy products allow her to rain more regularly with excellent recovery. She was able to push herself to increase her runs from 3 miles to 6 miles, though she isn't an avid runner.

***"Many people ask me how I fit it all in and also have the energy to compete and train," Cathy said. "Synergy's range of products has made a big difference."***