

Tiffany *Xena* PELTIER

By Stéphanie Blondel - June 2020



Tiffany Peltier

alias **Xena**

is a retired veteran of the U.S. Coast Guard and a very passionate athlete especially with Olympic Lifting and Crossfit®. She did me the honor of answering some questions.

Health and Fitness is NOT one size fits all

Let's go

Stephanie B.: You have participated in several high-level competitions. Can you summarize your 3 best memories of competitions?

Tiff. "Xena" P.: My best three memories would have to be my first competitions in each sport.

For CrossFit, in 2013 I was a member of the team from CrossFit Charleston that went to the South East Regionals. We went into the competition in 29th place and left in 9th place.

For Olympic Lifting, that would be my first Pan American International Olympic Lifting meet. I left there with a silver medal in the clean and jerk, a bronze medal in the snatch, and a bronze for my total.

For the Tactical Games, it was my first competition. I ended up in fifth place but I met some of the most amazing people who are now friends for life, and had an awesome experience.

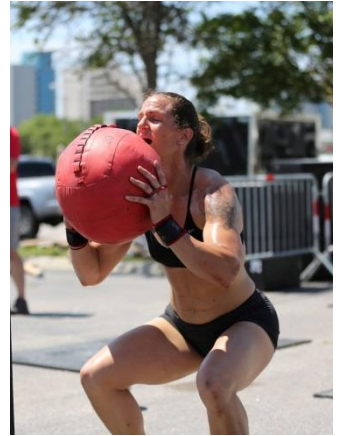
Stephanie B.: Do you consider the mental important for the performance?

Tiff. "Xena" P.: Oh the mental game and mental preparation is very important. Self talk can make or break an athlete. I am constantly talking to myself during competition. Reminding myself that I can do what is laid out before me. Telling myself I am strong enough and fast enough. The mind will tell the body to quit before the body is even close to quitting.



Stephanie B.: You have experienced several severe injuries. How did you get back to high level stronger than ever?

Tiff. "Xena" P.: Staying positive about the injury, being smart in rehab, not over doing it and eating right. After my neck surgery, I was told I would never be able to lift or do CrossFit again. That statement was like a challenge to me. I went to physical therapy every day, I ate clean (people don't realize the importance of food to recovery - it is essential), and I prayed everyday. I thanked the Lord for 100% healing and for the ability to do what I am doing.



Stephanie B.: What mental preparation tools do you use?

Tiff. "Xena" P.: First I am grateful for the ability to do what I can do. I visualize the event or the lift and I see myself crushing it. I also try to just escape during the comp. If I allow myself to think about what I am doing, then it usually goes to how hard it is and that I want to stop. If I think about something other than what I am doing or just let my mind go blank, then I can keep going.

Stephanie B.: If I say motivation, what does it inspire you?

Tiff. "Xena" P.: When someone says motivation, I think of my time in the military.

The discipline and internal ability to make myself go.

I think of my company commanders in boot camp yelling at me to do more. I think of my coach cheering me on and encouraging me to keep going. I think of my family and friends cheering me on and encouraging me.

Stephanie B.: You seem confident. How do you work your self-confidence?

Tiff. "Xena" P.: For me, that comes from knowing who I am in the Lord. When I was young I was very unsure and not confident at all. I didn't understand who I was meant to be. As I grew up and realized I am fearfully and wonderfully made, it gives me the strength and confidence to do what I do.



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Stephanie B.: Does your sports practice make you happy? Do you think that we can perform without pleasure?

Tiff. "Xena" P.: I absolutely find my sports enjoyable. I feel great after. If I've had a hard day, I know I can go to the gym and through weights around and feel better after. There are times during competitions where the workout or the event is very hard and sometimes not fun, but I keep going. I believe there are many people who perform in sports without pleasure.

Stephanie Bl.: Unfortunately. Fun in sport allows more results.



Stephanie B.: Do you have habits before your training or your competitions?

Tiff. "Xena" P.: Yes, I pray and warm up. During my warm up I do neurocentric drills to increase my performance. I also make sure I eat at the right times.



Stephanie B.: What is the expression that best defines you?

Tiff. "Xena" P.: This one is difficult for me. I am not very good at describing myself. :) For a single word answer I guess it would have to be kind. I have a tendency to put others first.

Stephanie B.: 3 words to describe your state of mind



Tiff. "Xena" P.:

Grateful

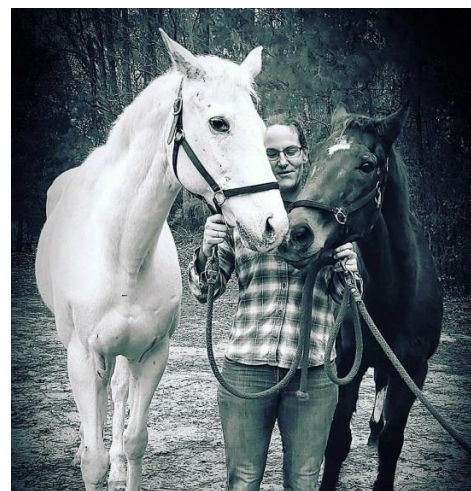
Strong

Determined

<https://www.fitwiff.com>

About her :

Bachelor's Exercise Science,
Cooper's Institute & ACE Personal Trainer,
NASM Fitness Nutrition Specialist & Performance Enhancement Specialist,
CrossFit® Level 1 & 2,
CrossFit® Adaptive Athlete Coach,
USA Weightlifting Performance Coach,
HKC Kettlebell, Athlete's Performance Level 1,
OPEX CCP trained,
Z-Health Essentials - R - I - S - T - & Structure,
Precision Nutrition Level 1,
Flex Diet Coach,
NSPA Sports Nutrition Coach.



stephanieblondel.com