

Man's World

FITNESS

ME AND MY BODY

ELLIOT SLOAN

One of the world's top vert skateboarders on attempting crazy stunts and managing fear



FOOD

About a month ago, I shifted to a gluten-free diet because gluten causes inflammation, and inflammation has been linked to many chronic diseases. I have also given up dairy products as they cause a build-up of phlegm and mucus. I try to eat six small meals, instead of three big meals, in a day. I usually eat eggs and fruits for breakfast, and also almond butter, which I like a lot. For my second meal, I might have a protein bar or a banana, and, a little later, I have some almonds. At night, I have meat or fish. I also consume glutamine powder, multivitamin supplements and fish

oil. And a lot of recovery supplements, before and immediately after a skating or workout session, for muscle and tissue repair.

TRAINING

I started gymming about four years ago. I work out three times a week. I use the Swiss ball a lot and use very little weights. My workouts are about body movement. Most exercises I do are for stabilising my core. We skateboarders are susceptible to injuries, but if you work out regularly, you can take slams (hard falls) a bit better and can also recover faster. My gym sessions are usually preceded by a skating session; I start at around 2.30 in the afternoon and

wrap it up in about three hours. The intensity of the session varies. If there is an event coming up, I train harder.

VULNERABILITIES

I tore my MCL (medial collateral ligament, one of the ligaments critical to the stability of the knee joint) four years ago. Almost all vert skating veterans I know have had a knee surgery at some point. We are also susceptible to ankle and back injuries, and head injuries. Most injuries happen when you least expect them.

SIGNATURE MOVES

I invented this trick last year: the Cab Heel Flip 720.

You are coming up the ramp backwards, and you do a heel flip. Your body does two rotations and you land going forward. Last year, I also did the Tail-grab 900, which took me about eight months to get right. The move involves two and a half rotations and a one-handed grab of the tail (of the skateboard) during the spin.

PSYCHOLOGY

Though I live in San Diego now, I come from New York, where there wasn't much of a skateboarding scene. It's been a tough journey for me, and, still, there remain many challenges. As someone who is 6 feet tall and weighs about 81 kg, I am bigger

than most skaters, so I fall a bit harder and need more energy to propel myself. And I am still learning how to control the pressure and anxiety during the big competitions. In a year, I do about 10 of them. I try to clear my mind of everything during performances, but there will always be some moves which make this impossible. In general, to relax myself, I listen to music and also play music. I play guitar for a band called The Stranded.

— INTERVIEWED BY
JAIDEEP DAVE

Sloan is currently touring India as part of the Mountain Dew Xtreme Tour