

Alicia Sacramone

Quotes

Want, Dream, Trying, Fun, Gymnastics, Olympics, Body, Thinking, Hard Work, Sports, Girl, Team, Shapes, People, Mom, Dancing, Perspective, Littles, Boys, Weight

I love chocolate. I like milk and dark chocolate, but definitely not white.

~Alicia Sacramone

As a gymnast, you always wear spandex. Being a teenager wearing spandex? It was tough accepting how my body looked, especially if there was any weight gain.

~Alicia Sacramone

I'm a typical college girl; I love to shop and gossip with my roommates about boys and whatnot.

~Alicia Sacramone

I like that my body is in shape and toned, and isn't too muscular. I feel I still have a woman's physique.

~Alicia Sacramone

Wake up every day knowing that today is a new day and only you can determine the outcome of that day. So dream big, accept the challenge, and never look back.

~Alicia Sacramone

It was probably right after I made my comeback - after retiring post-2008 Olympics - when I finally felt more at ease with my body. Being away from the sport helped put things in perspective.

~Alicia Sacramone

I try not to deprive myself of anything. I don't do the low-carb thing or anything like that.

~Alicia Sacramone

I got a custom-made silk dress from a Chinese tailor for really cheap. I sketched it out on a piece of paper, and they took my measurements and made the dress for me in a day!

~Alicia Sacramone

I really want to go back to school and finish up my sociology degree.

~Alicia Sacramone

I like to mix up my workouts to keep them fun and interesting. It makes getting to the gym a lot easier!

~Alicia Sacramone

When I was trying out for my first Olympics at 16, my family and coaches tried to regulate what I ate. But the stricter they got, the more I rebelled.

~Alicia Sacramone

I just tell people to listen to your heart. Anything is possible if you are doing something you love.

~Alicia Sacramone

I'm a firm believer in if you work hard you should play hard. So I try to keep my life as balanced as possible to keep my sanity.

~Alicia Sacramone

I think having the right music can really help you have fun while staying in shape. Make a great playlist that motivates you!

~Alicia Sacramone

I would live at the beach if I could, and I love dancing.

~Alicia Sacramone

It takes a lot of hard work to achieve your dreams, but nothing in life is easy. If it's something you really want, go after it!

~Alicia Sacramone

I'm not the kind of girl who breaks down in public.

~Alicia Sacramone

When you make mistakes during routines, it's not easy getting through them.

~Alicia Sacramone

It was a dream come true for me to be at the Olympics.

~Alicia Sacramone

Beijing didn't go the way I planned and I would have liked to have performed a little bit better personally. After Beijing that is what stuck in my mind. I want a better Olympic finish.

~Alicia Sacramone

I had ridiculous amounts of energy. Mom's like, you're driving me crazy - do you want to try gymnastics? From the moment I started it, I loved it and it kind of was like storybook from there.

~Alicia Sacramone

I feel blessed to have an opportunity to try out for a second Olympics team and if it doesn't work out, hey I gave it my all.

~Alicia Sacramone

And I want a gold medal more than anything. I just want a gold medal, so that's been pushing me forward.

~Alicia Sacramone

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