

Apolo Ohno Quotes

*Sports, Dad, Thinking, Athlete, Ice, Running, Father, Goal, Believe, Character,
Regret, Perfect, Jobs, Zero, Car, Sacrifice, Hard Work, Mistake, Art, Games*

One things guys have to remember is consistency... You can't make up for three years of eating poorly in just one workout.

~Apolo Ohno

I love to shop. Clothes, electronics, and I love jewelry, especially yellow gold.

~Apolo Ohno

My dad always used to tell me that sometimes you have to have a massive storm in order to clear the sky.

~Apolo Ohno

Broadcasting is definitely in my cards for the future, and I'm determined to work hard at it - to perfect it and create my style and niche.

~Apolo Ohno

Winning does not always mean coming in first...real victory is in arriving at the finish line with no regrets because you know you've gone all out.

~Apolo Ohno

Be YOU. Don't be someone else. YOU are a unique individual. Be proud... rock it loud.

~Apolo Ohno

We all naturally want to become successful... we also want to take shortcuts. And it's easy to do so, but you can never take away the effort of hard work and discipline and sacrifice.

~Apolo Ohno

If you put your mind to something, if you give 100 percent, if you sacrifice, and if you dedicate yourself, anything is truly possible.

~Apolo Ohno

I've always wanted to play a role in inspiring people to be better, to live

higher quality lives and to feel good about the way that they look and feel.

~Apolo Ohno

Did you do every single thing you could today, to be your best?

~Apolo Ohno

I think so many times we focus so much on just the end result when when we finally reach that point we realize that was never the true goal. That was never really what it was all about.

~Apolo Ohno

When you are at the Olympic Games, it comes down to a ten thousandth of a hair between making the next round or winning a race or getting second or third.

~Apolo Ohno

Olympic athletes have to find a job right after they're done competing.

~Apolo Ohno

Generally, speed skaters don't run that much. I'm a little bit of an exception in that I run a lot.

~Apolo Ohno

I know exactly what I'm doing on the ice, and I'm in my element.

~Apolo Ohno

If I have given my all and still do not win, I haven't lost. Others might remember winning or losing; I remember the journey.

~Apolo Ohno

You can't dwell on what happened. You can't live even a moment stewing in bitterness.

~Apolo Ohno

If it wasn't for my sport and my father, I'd probably be a fallen statistic. I'd be dead; I'd be in jail. Luckily, I had a great dad in my life.

~Apolo Ohno

I believe my father has and always will be the strongest influence in my life, as he has guided me on many paths.

~Apolo Ohno

I could never focus on my upper body as a skater, so I'm enjoying having symmetrical upper and lower body muscle.

~Apolo Ohno

Michael Phelps is a good friend of mine, so I'm very supportive of him.

~Apolo Ohno

It's just a goatee. That sounds kind of weird. A soul patch? I don't know how 'soul' it is.

~Apolo Ohno

In school I studied international business and marketing, so I've always been attracted to business.

~Apolo Ohno

I've been an athlete most of my life and on a disciplined schedule. Working out for me is just part of my every day.

~Apolo Ohno

I've always liked game shows - the competitive aspect and the character-driven personalities you see.

~Apolo Ohno

I was an avid swimmer and was state champ at age 12.

~Apolo Ohno

I think that Subway has shown their own personal commitment as a company and how they believe in healthy choices.

~Apolo Ohno

I tend to build bulk and muscle easily, and running seems to make sure I stay kind of stringy, if that makes sense.

~Apolo Ohno

I think we should all be pursuing something of zero regrets, and how do we become greater than we were yesterday.

~Apolo Ohno

An Olympic pursuit really takes a full three to four years of Olympic preparation.

~Apolo Ohno

My dad's great. He's my biggest supporter. He's always told me that whatever I choose to do, I can do it. I just gotta put my mind to it.

~Apolo Ohno

It's an individual sport, but collectively everybody shares the same motto that Ironman stands for: anything is possible.

~Apolo Ohno

Champions all get kicked when they're down.

~Apolo Ohno

When I look at my life now and all the mistakes I've made, all the bad decisions I've made, all the things I could have done differently or done more in, I don't think I would have changed anything.

~Apolo Ohno

For me, the '60s in the automotive industry was awesome. The cars are heavy, huge, rolling works of art.

~Apolo Ohno

A lot of times, some of my best ideas happen when I'm running. That's when I do my best thinking.

~Apolo Ohno

Music to me is life. It's what gets me going.

~Apolo Ohno

Who cares if somebody dances better? Doing my very best is rewarding internally.

~Apolo Ohno

On the ice, if I slow down, I can coast behind somebody for a couple of laps. If I slow down on the run, it'll turn into a walk.

~Apolo Ohno

My girlfriend has been the ice.

~Apolo Ohno

My first car was a Toyota 4Runner when I was 17. I paid for it myself. I was very happy.

~Apolo Ohno

My mantra has always been to have zero regrets in life. Everything I do at one speed, I go all-out.

~Apolo Ohno

When there's somebody racing side-by-side, when somebody's right next to me and they're pushing and we're both tired, we're both fatigued, I want to be able to beat them mentally.

~Apolo Ohno

Every single experience, every single thing that's happened in my life,

struggle, obstacle, trials and tribulations, I think they've all molded me to become the character and the person who I am.

~Apolo Ohno

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