

Jessica Ennis Quotes

*Athlete, Thinking, Events, Trying, Want, Home, Ideas, Winning, People, Long,
Training, Years, Sweet, Parent, Sunday, Next Day, Morning, Hot, Firsts,
Makeup*

After my first day of competition I put on compression socks. They help me recover for the next day.

~Jessica Ennis

I don't look at Twitter between events because it's a distraction but I will ring my fiance and parents to let them know how it's going.

~Jessica Ennis

I carry a golf ball to put under my feet when they get tight, and a Thera-Band for general stretching.

~Jessica Ennis

To unwind after training, I love to have a long hot soak in the bath, then veg out on the sofa with a box set. I'm a box-set junkie! I absolutely love 'Grey's Anatomy.'

~Jessica Ennis

I want to experience that massive adrenalin rush when you step into a new stadium, all the more so when that Olympic Stadium is packed full of people waving British flags.

~Jessica Ennis

It's really important for me to look good before a race. I definitely think if I feel I look good, it makes me feel more confident.

~Jessica Ennis

On a scale of one to 10, I'd rate my body confidence as a good seven. Everyone has their hang-ups, but I see my body as a training tool and I feel good about it.

~Jessica Ennis

I learned what I need to do in the long jump, what I needed to do in the javelin and I've been able to rectify those events. It's been a bit of a learning curve, which is good.

~Jessica Ennis

I do watch what I eat but I've got a real sweet tooth.

~Jessica Ennis

To get the adrenaline pumping between events - or to help me switch off, Jay Z, the Roots and Drake are on my playlist.

~Jessica Ennis

I love getting dressed up for red carpet events and having my hair and makeup done professionally - that definitely helps with nerves of going down the red carpet.

~Jessica Ennis

My idea of beauty is somebody that doesn't have to try too much, someone who is effortless and fresh.

~Jessica Ennis

I just love thinking about what makes people tick

~Jessica Ennis

I don't want to think of life after competing. But if I were to do anything else I'd go down the psychology route. That's what interests me.

~Jessica Ennis

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