



## Simone Biles

As a World class gymnast, Simone Biles trains for nearly 35 hours each week. It's no wonder she's called the greatest of all time! You might know Biles from her signature moves or her 7 Olympic medals, but she's also known for her bravery. Biles has become a voice for mental health, and she has taught countless young athletes that you can do ground-breaking things when you put yourself and your well-being first.

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