

From Brazil to the U.S.A Ran by Triathlon's Champion Carla Moreno, CM Team is Helping South Florida Develop New Athletes

MIAMI, USA, August 29, 2019 /EINPresswire.com/ -- Used to facing big challenges, former Olympic Triathlete Carla Moreno, 34, originally from Sao Paulo, Brazil, can now say she is making an impact in and out of the lane lines. A professional athlete herself for 20 years, Moreno has a collection of titles in her career. Among the most important ones are The South American Championships, a silver medal at the Pan Am Games, and a silver at the World Military Games. She is also an 8x Brazilian National Champ and World Aquathlon Champion.

Living and competing in Brazil, it was not until 2014 that both Moreno and her long-time coach and husband San Palma decided to move to the U.S.A. in search of a better life.

"The fact that I can now train and coach freely, without the fear of having to worry about having to be home at the most dangerous hours, especially at night, means everything" said Moreno.

A South Florida resident since 2015, both Moreno and Palma now concentrate on helping local athletes to excel. The daily workouts are designed for athletes of any age and background, providing a one-on-one experience on all three disciplines (swimming, cycling and running).

In addition to both running and supervising themselves the whole process, both Moreno and Palma still find time to compete as amateurs. In fact, on her first race representing the U.S.A., Moreno was able to pull a second-place finish at the World Aquathlon Championships in Spain this past May.

The commitment to excel is not just about being able to offer the most enriching, personalized experience for athletes, it's about being an example in and out of the lane lines. Highly focused, Moreno takes special attention to her eating habits and quality of sleep as well.

"It helps if we look at the whole process as if we were looking at an engine. If a piece is missing, it won't work properly. This is especially true regarding recovery and the immune system",



Photo: Athlete's Instagram

completed Moreno.

To help in her recovery and improved performance, Moreno counts with a team of professionals, many of them can provide support from her native country. That includes long-time friend and Nutritionist [Marcella Amar](#) and Olympic swimming coach Alberto Klar. A former Lady Vol Swimmer herself and Brazilian National team swimmer for 17 years, Amar can help not just with a meal plan, but also with specific supplements that fit into Moreno's time, food availability and training phase.

"Our focus is on recovery and specifics such as strength, hydration and performance. It all must work in order to fit into her busy schedule, food preferences, but most importantly, help her recover properly. That means, reduce inflammation", said Amar.

Being able to safely help individuals get healthier is the key.

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