

The interview with the athlete

Name and surname of the editor: **Sandra Glücknerová**

Name and surname of the guest: **Anton Koreň**

S: Hello, today I have the honor to sit here with bodybuilder Anton Koreň. Greetings, Mr. Koreň.

A: Good afternoon, thank you for inviting me to this interview.

S: In the beginning, what can you tell us about yourself?

A: I live in small city called Revúca. I am sixty years old and I've been doing bodybuilding since I was fifteen.

S: You were a young man when you decided to start sports. What actually led you to sports?

A: The vision for strength and athletic figure led me to sports.

S: It isn't easy to start without motivation, what motivated you to start?

A: My motivation was bodybuilding pictures and magazines, and I always wanted to look like them.

S: So far, we have become aware of bodybuilding. What sports do you still play actively?

A: Bodybuilding comes first. I also play football, hockey, ping pong and others, but most of my sports are held by bodybuilding. I have my own gym in my house and I go to the gym every now and then.

S: How often do you play sports during the week?

A: I currently train six days a week, three times a day. In addition, I actively participate in the bodybuilding competition Evil Pro in Prague.

S: We have already mentioned a lot, but so far no sports experiences. Did you go to any sports events when you were young?

A: Yes. At the age of sixteen, I joined the Baník Rožňava bodybuilding club, where I started training under the guidance of Jozef Völhiák, the champion of Czechoslovakia,

under a bench pressure of up to 75 kg. After two years, I took part in the first bodybuilding competition in Košice, where I took fourth place at the regional youth championships. This was the first and so far the last competition before enlisting in the military. Even after the war, I continued to do bodybuilding, but only for recreation. In 2008 I participated for the first time in the muscle fitness form competition. I placed as a finalist five times, until in 2013 I won the overall competition in the age category over forty-five years and placed first. I took over the cup in Šamorín. In 2016, I was in second place in the World of Bodybuilding magazine in the category of men over forty-five years old. You need to send photos to be accepted for the competition and when they are accepted, they will call you to the studio. It was an experience I will never forget.

S: Where and when did your sports career start?

A: My sports career began at the age of fourteen at home in the village of Rákoš. I got the dumbbells and immediately signed up for the bodybuilding department.

S: Do your family also support you?

A: Yes, of course, especially the wife. Fortunately, no one limited me in my dream.

S: Did you experience any injuries?

A: Only normally stretched tendons during strength training. I've never had a fracture in my life.

S: A final question that may be of interest to someone. Can sport secure you financially?

A: I am not paid for my sport. I finance everything myself and, of course, in addition to doing bodybuilding, I have always worked so that I can fulfill my dreams and also finance them.

S: Do you have any words at the end from which people will take something positive and inspiring?

A: I would recommend regular sports to everyone, such as bodybuilding, it is healthy both physically and mentally. If you exercise for a lifetime, you feel better in old age.

S: Thank you very much for the interview, your words were pleasant to listen to me and at the same time I am glad that I learned more about you.

A: Thank you too for being able to participate in the interview with the athlete and I am happy I could talk to you.