

VITAMIN WELL



10 questions to Belinda Bencic

1. Which is your favourite Vitamin Well drink?

My absolute favourite is Vitamin Well Antioxidant, I love the peach flavour!

2. If you were a Vitamin Well drink, which one would you be?

If I were a Vitamin Well drink, I would be Vitamin Well Reload. After a workout in the hot sun, there's no better thirst-quencher than Vitamin Well Reload – nothing compares to the refreshing lemon-lime flavour!

3. What do you have in common with Vitamin Well?

I think Vitamin Well is great because the products are so different. There's a Vitamin Well drink for everyone! The product portfolio is also unbelievably varied in terms of flavours and the combination of vitamins and

minerals. Likewise, there are different aspects to me too – I'm a different person on the tennis court and in private. I also love trying new things and I'm versatile – just like Vitamin Well, which is available in nine different flavours in Switzerland.

4. What advice would you give to your teenage self?

I'd give myself career advice, namely that it's important to always give your best – whether it's in training, in a match or in a tournament. If you've given your best and know that you've tried everything possible, then you can be at peace with yourself. I think that's the best feeling in the world and the greatest achievement for an athlete. So I'd advise myself not to focus on what I still want to achieve or put myself under pressure, but simply to give my best.

5. Who would you like to play against? Who is your ideal opponent?

I think I'd like to play against Monica Seles or Steffi Graf, just to see what it feels like – and then of course against all the tennis legends. I've already played against the Williams sisters. I won against both of them, which is something I'm incredibly proud of. I never would have imagined that I would even be able to play against the Williams sisters, let alone win. It was a dream come true. And my ideal partner was and is, of course, Roger Federer – that was a really great experience.

6. What passions do you have besides tennis?

Off the court, my passion is animals. I love dogs! I spend a lot of time with my dog, Paula. We go for walks and play together. My boyfriend and I also visit an animal shelter occasionally to take the dogs out for a walk. Other than that, I really enjoy just relaxing, switching off and maybe doing a puzzle. I love cosy evenings at home on the couch.

7. Have you ever ruined a racquet on the court?

Yes, unfortunately I've already ruined a lot of tennis racquets. It's not ideal, of course, but sometimes you need to. Emotions are a big part of sport and it sometime helps to release and channel them. But of course, it's not something that I'd do in front of young players. That wouldn't make me the best role model (laughs).

8. What do you never travel without?

Of course, I have to say my tennis racquets (laughs). But I also make sure that I always have personal items with me.

It could be a good book, a candle, comfy pyjamas or even my favourite teddy bear – just something that feels like home and makes the hotel room a little cosier. I always make sure I drink enough when I'm travelling – and especially when I have to fly. I find water can sometimes be a bit boring and I have to always remind myself to drink it. So it's much easier to stay hydrated when I have a refreshing drink with me that tastes exceptionally good – and I'm not only saying that because of my new partnership with Vitamin Well (laughs). It's true – and drinking enough really is the most important thing when travelling. Because we don't have time to relax after a flight and have to go directly to training, we have to make good use of the time spent travelling to ensure we're as well rested as possible when we arrive.

9. If you hadn't become a tennis player, what was your next choice?

The question's never really come up, but I'd love to work in a dog shelter. I can imagine turning this dream into reality when my career is over. I could also imagine studying, preferably at a college in the US – that would be cool. But I've never really thought much about it. If I thought about it, I could probably come up with about a million options.

10. Who is your biggest idol?

My biggest idol? That's hard! In tennis, it was always Martina Hingis and Roger Federer. Other than that, I don't really want to name one person. I believe that you can learn something from everyone – whether they're successful or not. I think every person, whatever their situation, has something to say.

So I really enjoy talking to different kinds of people, especially older people. It's fun to find out their view of the world, and I firmly believe that I can take something from every conversation that will add to my life.

