



Natasha

Photo Credit: Robert Villanueva

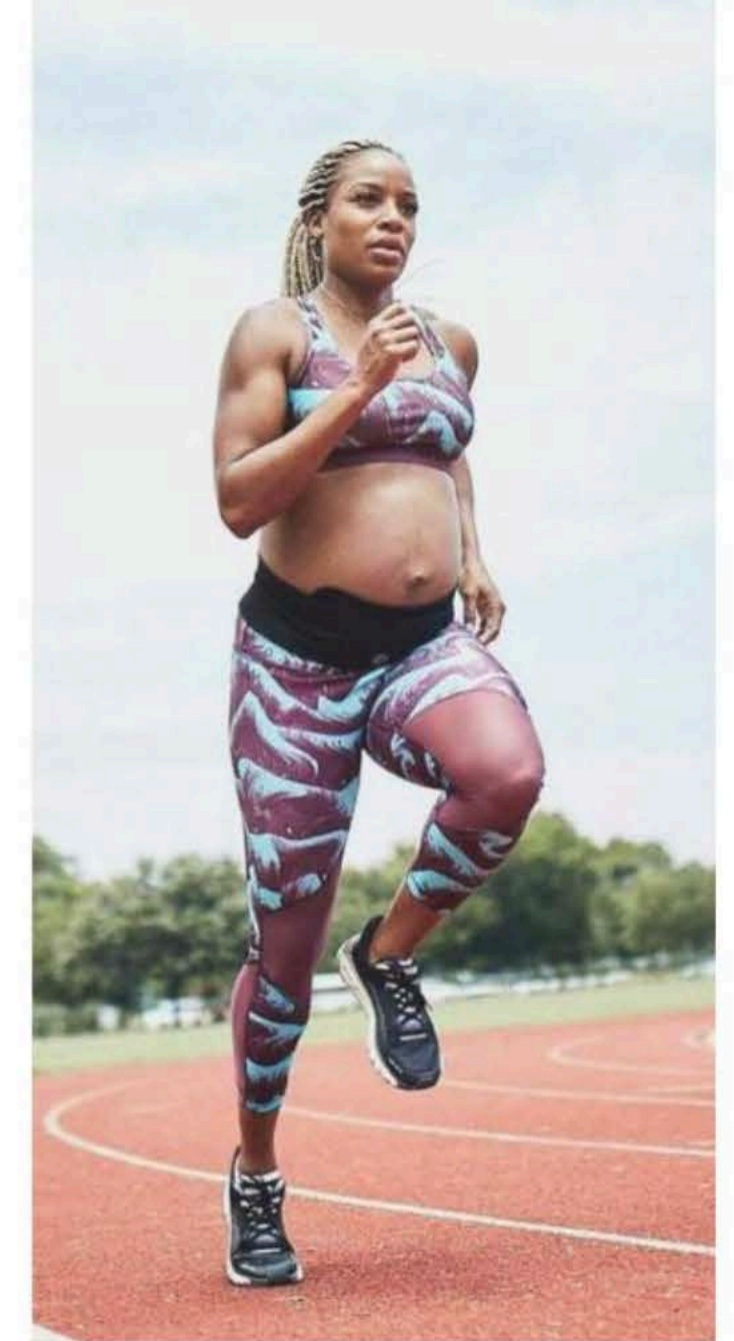


Photo Credit: The World's Greatest

When you think of an Olympic gold medalist like Natasha Hastings, you think of someone who has pushed her body to the limits, exhibiting extraordinary physical capabilities. Hastings is an Olympic, World and US National Champion Track and Field Sprinter, specializing in the 400 and 4x400 meter relay events. When Hastings learned she was having her son, she experienced fears that she wouldn't be able to continue her rigorous and grueling training schedule, and her relationship with elite sponsors such as Under Armour would be at risk. After her fears were eliminated by a supportive Under Armour and the continuation of an adjusted training schedule, Hastings is now the proud mom of Liam, and is getting ready for the 2021 Summer Olympics.

CEOMOM interviewed Natasha Hastings to learn more about her initial struggle with finding out she was pregnant, and how being a mom has changed her career as an elite athlete.

Who is Natasha Hastings?

I am a woman, mother, entrepreneur and philanthropist.

You've shared that initially learning you were pregnant brought on anxiety and concern for your career as an Olympic gold medalist. Describe your initial concerns. How did you overcome your anxiety?

I was initially concerned with my sponsorship. Much of my sponsorship deals go toward supporting my training and associated expenses. I was faced with the question of whether or not I would have the financial support to continue training post baby.

I shared my concerns with my friends and family. By the time I spoke with my sponsors, they reassured me that they would be supporting me through my pregnancy and beyond. It was a major weight off my shoulders.

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MEET NATASHA HASTINGS

Olympic Gold Medalist on Life After Pregnancy

Photo Credit: Errol Anderson

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surrounding pregnancy. Reading other women's stories gave me some solace in knowing that I wasn't alone.

What are your top three tips for maintaining your mental health?

- Be gracious/forgiving of yourself.
- Make time for the things and people you love.
- Ask for help when needed!

How has being a mom changed your training routine, physically and mentally? Walk us through your current routine.

I currently try to schedule my training around Liam's nap schedule. While he's down gives us time to get a few things done. In the beginning it was hard, because I found that I was constantly worried about him. Sometimes I would be at practice feeling like I wasn't completely present, because I would be thinking of him. I know that he's in good hands with my mom when I'm working. So it's much better now. When official training begins, I'll have to be at practice all morning. Now, I'm able to be more focused and present on my training.

What tips do you have for a new mom who has a physically demanding career? What is the first step to adjusting to the new norm?

The first step is always to listen to your body. No one knows your body more than you. If you've already been physically active, and active throughout your pregnancy, you can most likely continue the same routine. I was also in very close communication with my doctors throughout the entire process.

Tell us about The Natasha Hastings Foundation? What does the organization do? Why is empowering young girls so important to you?

Our mission is to be a starting block for girls to become women of confidence in sport and life.

We host a virtual empowerment series of Tea Times where we talk about matters focusing on self-esteem and puberty through sports. We also provide financial



Photo Credit: Kevin Garner

relief for girls to go to high school track and field nationals.

When I started the foundation, I thought about some of the things that were missing in my experience growing up in sports. These are tools that I wish I had access to as a girl.

You recently launched an online curriculum for young girls. What is the curriculum about? How can students access it?

The curriculum is called The Starting Block. We focus on puberty and how it might affect your performance. We also talk about navigating healthy relationships with friends, family, and coaches.

Course dates will be available on our website, www.nhfcares.org, and our instagram, @nhfcares.

Learn more about Natasha Hastings at <https://www.natashahastings.com>.

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