FRUITS & VEGGIES

Vegan Athlete Novak Djokovic Says a Vegan Diet Is the Key to Great Tennis

By bestfolkmedicine · 05/02/2020 · 2 min read



Since he started his professional career 17 years ago, Novak Djokovic has 17 Grand Slam titles, including this year's Australian Open.

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The Serbian tennis star said in a recent press conference that his successes have leaded him to play tennis and eat a plant-based diet.

He stated that he's satisfied to be vegan and to play at this level.

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However, he says there was criticism and many people around him thought he couldn't achieve this. There was doubt and question marks all around.

The Ideal Balance between Power, Speed & Strength

Even though he doesn't lift weights, Djokovic says he holds a great balance between power, speed, and strength.

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'Nothing is missing', says one of the best tennis players in the world, and he will keep on enjoying the benefits.

However, there's much more than performance advantages that motivated the 32-year-old Djokovic to give up meat, including environmental and ethical reasons.

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He explains that it's a lifestyle more than just a diet as there are ethical reasons and being conscious about the situation in the animal world.

For Djokovic, the slaughtering of animals and farming is a major influence on climate change. He says he's really proud of this decision.

He hopes that the community will further grow and hopefully, he will be an inspiration to other athletes that there's a possibility of being vegan and excelling.

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Djokovic Produced a Documentary for Vegan Lifestyle

Djokovic produced a recent documentary called *Game Changers* and he joined other celebrities like James Cameron, Jackie Chan, and Arnold Schwarzenegger in the promotion of a plant-based diet for athletes.

He says he was beyond happy to be a part of such an amazing group of people.

And, from sport, the movie industry, and other areas of life, there are successful people eating vegan diets, being happy and healthy, and this is what it's all about, says Nole.

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