



A weight on her shoulders

By TANG YUE
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SHENZHEN — Marilou Dozois-Prevost is more than happy to debate the argument that weightlifting affects the appearance of women by her making them look too muscular.

"I don't think weightlifting changed my body shape very much. If anything, I think it makes me look better. I like the way I look," the Canadian said after competing in the 53kg division on Sunday.

"Also, there is a misunderstanding that people get easily injured in weightlifting. Actually, you are prone to injury when you train and compete in any high-level event, regardless of which sport you do," Dozois-Prevost said.

The 25-year-old said she doesn't have large biceps and doesn't do many bench presses. She constantly explains that the parts of her body that are used to lift are mainly the legs and back, while the upper body acts as a stabilizer.

Meanwhile, there is also the "masculine" aspect of the event, which turns off some potential fans.



EDMOND TANG / CHINA DAILY

Canada's Marilou Dozois-Prevost competes in women's 53kg weightlifting at the 26th Summer Universiade in Shenzhen.

"I think every person and every athlete is different. What defines the personality is not the sport he or she does," said Dozois-Prevost, who is a psychology major at the University of Quebec. "Some girls are more manly, and some are not. But it is normal and has little to do with the sport.

"But if you ask if they have anything in common? Yes. I think they are all very passionate people. Only people with great passion do weightlifting."

Like all girls her age, she enjoys shopping and can't wait to explore the malls in Shenzhen.

"I'm happy that I have finished my competition and I can go shopping tomorrow. We know that there is a lot of good stuff in China and I will buy some clothes and purses tomorrow. It is very exciting," she said.

Dozois-Prevost picked up the barbells at age 13. She was bored at school during lunchtime. One of her friends at the time dragged her into weight room and said it would be fun.

That girl actually had a crush on a guy there, and they had to pretend to do lifting. Dozois-Prevost then found out it was fun and went back to the gym.

"It enjoyed it and came back every day for the rest of the week," she said.

"Weightlifting is just so attractive to me. The qualities it requires really impress me. You may think it's only about getting strong, however, you have to be good at balance and flexibility, in addition to the power."

She has achieved many things in the sport for her country, including winning a gold at last year's Commonwealth Games in Delhi. But what she claims is her most impressive achievement was finishing 10th at the Beijing Olympics.

"I still clearly remember my first step onto the platform of the Olympics. I was so excited," she said.

"I thought I couldn't get a medal there. I thought I would finish between 10th and 14th, so the result was a success for me."

She now has set her sights on London.

"I don't know if I can participate there. I have to qualify first. But, for sure, I will try my best because the Olympics is wonderful for athletes."



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