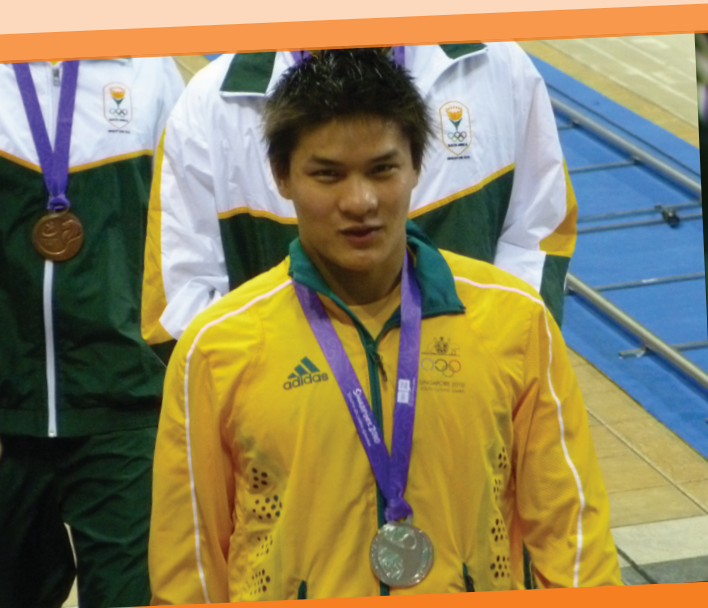# KENNETH TO
USANA Athlete

Australian Professional Swimmer & USANA Sponsored Athlete

Date of Birth: 7 July 1992

Discipline: Swimming

Kenneth takes **USANA HealthPak™, BiOmega™, Rev3 Energy™ Drink and Nutrimeal™.**

Sporting Career Highlights:

2012

Oceania Swimming Championships (Nouméa, New Caledonia):
1st (100m & 200m freestyle, 4 x 100m & 200m freestyle relay, & 200m Individual Medley)

2011

FINA Swimming World Cup (Stockholm, Sweden):
1st (100m backstroke & 100m Individual Medley)

FINA Swimming World Cup (Moscow, Russia):
2nd (100m Individual Medley)

Mare Nostrum Series (Canet, France):
2nd (200m Individual Medley)

Australian Short Course Championships (Adelaide, Australia):
1st (100m & 200m Individual Medley)
2nd (50m freestyle & 50m butterfly)
3rd (100m freestyle)

Australian Age Championships (Adelaide, Australia):
1st (50m freestyle, 100m breaststroke, 100m butterfly, 100m freestyle, & 200m Individual Medley)
2nd (200m Freestyle)
3rd (100m backstroke)

Australian Swimming Championships (Sydney, Australia):
2nd (200m Individual Medley)

Kenneth To is an Australian professional swimmer, who burst onto the swimming scene when he beat Ian Thorpe's longstanding 200m individual medley record at the New South Wales Championships in 2009. Kenneth started swimming at the age of 5, when his parents taught him to swim and has not looked back!

Kenneth is excited about his association with USANA as a Sponsored Athlete and immensely benefits from his nutritionals. This is what he has to say: *'It's a great privilege to come on as an athlete for the USANA team. As a swimmer, I'm always pushing my body to my absolute limits so it's assuring to know I have the best team and products behind me to help me train, recover and perform like never before.'*

For more information contact:

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