

# Inside the Life of a Kerry Footballer!

Lee Strand   
TASTE THE FRESHNESS

*Kerry defender Jonathan Lyne and brand ambassador for Lee Strand Protein+ Milk talks football, life and sports nutrition.*

**Q. Jonathan, when did you first start playing football?**

**A.** I was 7 years old when I first started playing for Killarney Legion. My interest in football came about when I learned that my grandfather played for Kerry. He was captain of the 1947 Kerry team that travelled to the Polo Grounds in New York. This was a famous game as it was the first and only All-Ireland Final that was ever played outside of Ireland. Unfortunately they lost to Cavan.

**Q. Killarney Legion is your club, how did they get you hooked on the game?**

**A.** We had great trainers, James O'Donoghue's dad Diarmuid a great Kerry footballer was our trainer for years. We always had great fun and tried our best, so it was a great first experience of football. I loved the team element and camaraderie of the club. I am still friends with a lot of the players from the teams I played underage with.

**Q. Football is a big part of your life, but if you could play another sport what would it be?**

**A.** A professional golfer.

**Q. What is your favourite treat?**

**A.** Four Star Pizza with a BBQ base, topped with pineapple and chicken, after a hard game I like to unwind and relax after all the preparation.

**Q. Tell us one thing that some people may not know about you?**

**A.** I grew up on a farm just outside Killarney.

**Q. How do you like to spend your spare time?**

**A.** I like to relax and watch a good movie, something like Django Unchained.

**Q. What can you not live without?**

**A.** My iPhone and Twitter, it is great for catching up on sports.

**Q. If you were lost in a desert island and you were given one phone call to make, what member of the Kerry team would you call to rescue you?**

**A.** I could think of 30 fellas that I wouldn't call!

**Q. If you were to host a celebrity dinner party, who would you invite?**

**A.** For a bit of craic I would like to invite Roy Keane, Eamon Dunphy and Ronnie O'Sullivan.

**Q. Your profession is teaching, how did you choose this career?**

**A.** I am secondary school teacher of Physical Education and English, they were my two favourite subjects in school. So when I saw the opportunity to study them in college and pursue it as a career I jumped at the chance. It is great that my day job also ties in with my love of sport.

**Q. How important is sports nutrition when training?**

**A.** Very important, because we put so much effort into training and recovery it would be silly to neglect the nutritional aspect of sports. I am very conscious throughout the day that all my meals are healthy and will help with my training.

**Q. This summer you are working with Lee Strand as a brand ambassador for their new Lee Strand Protein+ Milk, how is that going?**

**A.** I am really enjoying it, it is great to be promoting a healthy product. The sports nutrition market is growing rapidly and I am delighted to be visiting sports events, school sports days, clubs and gyms advising people on the benefits of making Lee Strand Protein+ Milk part of their fitness regime.

**Q. Tell us about the benefits of Lee Strand Protein+ Milk?**

**A.** What is great about Lee Strand Protein+ Milk is that it is a natural product made from 100% fresh milk farmed in Kerry. All that is added to the fresh milk is two ingredients - protein and natural flavouring - vanilla or chocolate. There are some products out there that have a very long shelf life, 12 months or more and therefore have a very long list of ingredients with added sugars, sweeteners and ingredients that you cannot even pronounce.



Jonathan Lyne

**Q. What about calories or fat content?**

**A.** Lee Strand Protein+ Milk is made from semi-skimmed milk and has only 215 calories per bottle.

**Q. Why is it important to read the label?**

**A.** There are many people consuming flavoured milk drinks, thinking they are high in protein. In fact they are just loaded with sugar and there is no additional protein added to the milk either. To be honest you might as well be drinking a glass of milk and adding a few teaspoons of drinking chocolate or sugar! Lee Strand Protein+ Milk has no added sugar and has 25g of protein in every 330ml bottle.

**Q. How does Lee Strand Protein+ Milk fit into a sports regime?**

**A.** Athletes and sports enthusiasts have known the benefits of protein for sports recovery for some time. Everyone that participates in any form of sport or fitness should consume protein within 20 minutes for maximum muscle recovery. Lee Strand Protein+ Milk is ideal as it is a convenient ready to drink sports recovery drink, there is no mixing required so you can take it in your sports bag.

**Q. Is Lee Strand Protein+ Milk only available in stores or can sports clubs purchase it?**

**A.** Yes, it is available to clubs also in packs of 18. We are offering free samples to all clubs in Kerry and West Limerick at the minute, give us a call on 066 7121084.



**NEW Lee Strand Protein+ Milk ...**

**Now at a store near you!**

- 25g Protein per 330ml bottle
- No Added Sugar
- Supports Muscle Recovery after Exercise

- Chocolate & Vanilla Flavour
- Double the Protein, Half the Fat of Whole Milk
- 100% Natural & Fresh

**Lee Strand Protein+ Milk ... the essential part of your fitness regime!**

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