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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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BravaBody



BravaBody The Mission

We were professional athletes back in the day, and now, many years later, we continue to walk the walk of full, rich lives built on the foundation of fitness.

Too many women we know are ashamed of their bodies. We intend to lead our generation into the empowerment of feeling strong, free and confident in every aspect of our lives. We are going to get there by embracing fitness as the cornerstone of general well being.

We have this one body of ours to work with. We are still vibrant people. Lets make this the prime of our lives together.

To view Diana and Bonnies health video tips and try out sample recipes go to:

<http://www.bravabody.com>

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Diana's Tweets



- [@rauchjr44](#) I appreciate all the support! [about -1 years ago](#) from [HootSuitein](#) [reply to rauchjr44](#)
- [@cacambo43](#) Thank you for attending. I appreciate and love the support [about 17 seconds ago](#) from [HootSuitein](#) [reply to cacambo43](#)
- RT [@makeashift: @diananyad](#) Congrats on making the eHow 100 list on Shift!: <http://t.co/XMLV730F> [#makeashift](#) [about 50 seconds ago](#) from [HootSuite](#)
- [@ehow](#) Thank YOU! [about 1 minute ago](#) from [HootSuitein](#) [reply to eHow](#)
- I will be chatting LIVE with [@kabcstudio](#) radio this AM - 9:33 EST. <http://t.co/mhoLrwoQ> [about 2 hours ago](#) from [HootSuite](#)

Diana Nyad's Xtreme

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15 Jun 2011 – 5 Feb 2023

is more than a swimmer.
of hope to us all
that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

- Kayaker Katie Leigh
- In My Own Words
- Diana reflects on her swim, 1 week later
- Navigator John Bartlett
- Wayne Lewin: Driver for Voyager I

- Judy W on Kayaker Katie Leigh
- Susan Kay Gilbert on Diana
- later
- Nancy Curran on Kayaker Katie Leigh
- woosterburd on Kayaker Katie Leigh
- Pete Habel on Bonnie's Reflections

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- January 2011 (2)
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- September 2010 (7)
- August 2010 (14)
- July 2010 (13)





About this capture

Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian