

MARGARITA ZOLOTAREVA

# MY SPORT PASSION

A TRADITIONAL SPORT THAT HAS FEATURED  
IN EVERY EDITION OF THE MODERN  
OLYMPICS SINCE THEY STARTED IN 1896,  
RHYTHMIC GYMNASTICS REMAINS ONE OF  
THE MOST EXCITING EVENTS THAT THE  
GAMES HAVE TO OFFER.



THE MOST BEAUTIFUL LADY

LYASAN UTIASHEVA

FOR ME LYASAN IS INCREDIBLE ATHLETE  
IN THIS SPORT

Lyasan Albertovna Utiasheva  
was born 28th of June in 1985.  
She was a former individual  
rhythmic gymnast.

# HER ROOTS



Laysan Utiyasheva was born to a Bashkir mother named Zulfi Utyasheva, who worked as a librarian, and a father of mixed Russian, Polish, and Volga Tatar descent named Albert Utyashev, who was a historian.

SHE WAS KNOWN FOR HER EXTREME FLEXIBILITY

# LITTLE LYASAN



# THE FIRST COACH



Как  
Менялись  
Знаменитости

[artelhouse.ru](http://artelhouse.ru)



IN THE PAST PICTURE LYASAN WAS 11.

In Volgograd Utiasheva's first coach was Alla Yanina, who suddenly uncovered a little 4years old girl's talent.

Lyasan fell in love with this sport, and even then she decided to be a champion.



SPORT  
BREAKTHROUGH

Utiasheva's success came in 2001 when she placed third at the Russian Championships. She then competed at the 2001 World Cup in Berlin, Germany and 2001 World Games in Akita, Japan and won gold and silvers medals in all-around and the individual apparatus finals in clubs, ball, rope and hoop.

She was a member of the Russian team that won gold at the 2001 World Championships in Madrid.

In September 2002, Utiasheva hurt her foot on a bad landing while training in Samara. At a specialist clinic in Berlin, magnetic resonance tomography showed that the navicular bone of both her feet had numerous fractures.

She underwent surgery and returned to the sport briefly in 2004 but, unable to perform her jumps, she retired from competition and completed her career in 2006.

A man and a woman are shown from the chest up. The man, on the left, has short brown hair and is wearing a dark blue blazer over a light-colored button-down shirt. He has a neutral expression. The woman, on the right, has dark hair styled in an updo and is wearing a white long-sleeved top. She is smiling warmly at the camera. The background is softly blurred, showing some greenery and warm lighting.

PRESENT LIFE

And now Lyasan is a Russian TV show host, socialite, and ambassador of the 2018 FIFA World Cup, also she is a great mother of two children. She married Russian actor and comedian Pavel Volya, with whom she has a son, Robert, born in Miami, Florida. She gave birth to a daughter, Sofiya, in Summer 2015.

# THE MOST BEAUTIFUL CONFERENCE





THE MOST CHEERFUL AMBASSADOR



# THE GREATEST MOTHER



Besides the fact that Lyasan is 32 and she finished her career more than 10 yers, she has a perfect body fit, keeping a physical activity in dancing, fitness and others progects.

Lyasan Utiasheva is an amasing woman, who manages own life in the best way.

LYASAN UTIASHEVA  
IS MY ROLE MODEL!