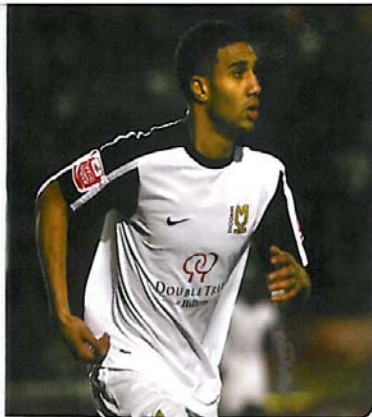


MK Pulse Feb 10
Your magazine at the heart of MK

FREE!

Your local magazine distributed throughout: Bolbeck Park, Blakelands, Caldecotte, Clifton Reynes, Giffard Park, Grange Farm, Great Linford, Haversham, Loughton, Middleton, MK Village, Monkston Park, Shenley Brook End, Walnut Tree, Walton Park, Wavendon Gate, Willen, Willen Park, Woburn Sands, Woughton on the Green, Selected areas of: Newport Pagnell, Old Farm Park, Olney, Pennyland & Stony Stratford.



MK Dons midfielder *Lewis Govern*

Lewis Govern, midfielder at MK Dons talks to *Pulse MK* about keeping healthy, bungee jumping and dream cars! Amway UK sponsors Lewis Govern this season and with each goal he scores, the company donates £500 to the MK Dons Sports and Education Trust.

Let's find out a bit more about one of MK Dons newest signings!

Age 24 Height 5ft 11ins Star Sign Aquarius

How long have you been playing for MK Dons?

This is my first year at MK Dons. I was with Wolves from the age of ten and came up through the academy. The Gaffer and Alex Rae were both there when I was playing in the academy team, as was Stephen Gleeson, who is now one of my team mates here at MK.

If you weren't a professional footballer, what would you have been and why?

I hate this question because to be honest I only ever wanted to be a footballer. I can't think of doing anything else. I suppose if it came to a sudden end then I would go back to college and learn a trade but I have no idea what trade to learn.

What do you do to keep yourself in tip top condition?

The Gaffer has worked us really hard in training this season so we are all improving our levels of fitness, but I always try to eat the right things and I am not a drinker. Supplements play a big part in the professional game and of course we have to be careful not to take anything that could be against the rules. Amway is our healthy living partner, so I use their Nutrilite vitamins and Strive energy drink as all of the other lads do. It works really well for me and fits well with our training programme.

What do you enjoy doing in your spare time?

Chilling out with my mates at home, so nothing really exciting. I have a PS3 so I am usually in front of my TV playing *Call of Duty* or *Pro Evolution Soccer*.

Where is your favourite place in the World?

Where do you want to go that you've yet to visit?
I would love to go to Vegas or New York. Hopefully I will manage one of them this year.

What's the most daring thing you've ever done?

I was dared to do a bungee jump when on holiday with my mates in Malia (Greece). I was the only one who had the bottle to do it and it was the scariest thing I have ever done. I don't think the Gaffer would be happy if I did it again though so that will be the only time.

What would your dream car/bike be?

A Lamborghini would be my dream. Let's hope the Dons get in the Premier League soon so I can afford the petrol!

Do you have any favourite designers?

Where do you like to shop?

I used to be an Ed Hardy fan but I've gone off it now. I wear True Religion jeans and lots of D&G. I really would like a Breitling watch but they are really expensive so it will have to wait for the moment.

Do you have any techy gadgets? If so what are they?

Not really. I have a Blackberry and iPod but I have calmed down on those kinds of things recently. My missus goes mad if I buy stuff all the time!

What are your three favourite films of all time?

Scarface - I know everyone says that one but it is brilliant. *Menace to Society* - Another great gangster movie. *How to be a Player* - Could be about me!

Amway UK Competition

Could you do with a boost to your health to kick start 2010? Amway UK, one of the global leaders in direct selling and healthy living partner of MK Dons football club, is giving you the chance to win a fabulous hamper, packed full of Amway health products including Nutrilite multi vitamins; Strive energy drink; and much more in a fantastic selection that will help boost your health and keep you full of energy!

All you have to do is answer this simple question: **Name one of the cities that Lewis is hoping to visit this year?**

EMAIL YOUR ANSWER TO:

competitions@mkpulse.co.uk along with your full name, address and contact telephone number by 28 February 2010.

Please title your email 'Amway Competition'