

Toyohashi “Cheer!” Project  
Words from Our Athletes  
professional figure skater Akiko Suzuki

Hello to everyone in Toyohashi. My name is Akiko Suzuki, and I am a professional figure skater.

We’ ve all been spending a lot more time in our homes lately due to the outbreak of the coronavirus. Since I was 6 years old, I have been practicing figure skating every day, as well as touring Japan and other countries, so it feels like this is the first time in my life that I have spent so much time at home. Among all the uncertainty, I have been enjoying using beautiful ingredients from Toyohashi, such as tomatoes and ooba, to create different recipes.

Being at home so often, and being told to exercise self-restraint makes one feel like just curling up and relaxing, but I encourage everyone to keep themselves moving, and to do whatever stretches (especially in the shoulders) you can at home. Let’ s try to keep our shoulders flexible and keep ourselves from getting stiff and out of shape.

It feels like this battle may last quite a bit longer, so let’ s combine our energy and do our best together!



Name: Akiko Suzuki

Sport: Figure Skating

Personal History:

Back-to-back Olympic appearances at the 2010 Vancouver Olympics (Individual 8th place) and the 2014 Sochi Olympics (Individual 8th, team 5th place)

2007 Winter Universiade Champion /2011 Gran Prix Silver Medalist

2012 World Championships Bronze Medalist/2013 All Japan Championships Champion

Hanada Elementary School →Nagoya Keizai University Junior High School/Senior High School → Tohoku Fukushi University ⇒ Professional Figure Skater