



Bethany Hamilton: Health Smart

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It was one of the most memorable of shark attacks...but not even losing an arm could keep the then 13 year old [Bethany Hamilton](#) down. In a recent upset, the H2O hero recently came in third in one of the surf world's most prestigious competitions.

In this Health Smart, our Lu Parker hits the sand with the champion for winning strategies to stay afloat.

Lu Parker reports on the KTLA5 News at 10PM on June 23, 2016.

To learn more about Damon Braces, click [here](#).

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