

Gymnastics Champion Simone Biles Proves She Still Has 'Courage to Soar'

Simone Biles may not be setting world records during the COVID-19 pandemic, but she's still wowing her fans across the world.

The 23-year-old gymnast, who owns the most world medals in U.S. history (14) and the most world championships gold medals of any female gymnast, used Twitter to post a video of herself performing a gymnastics feat with the comment: "haven't done a double tuck since I was probably 13 – here you go." The video has gone viral, with more than 300,000 views in only a few hours.

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– Simone Biles (@Simone_Biles) July 14, 2020

Biles, who is also vocal about her faith on social media, gives God the credit for her success in her book, *Courage to Soar*, released by Christian publisher Zondervan in 2016. Adopted by her grandparents because of her parents' drug addiction, her life and her gymnastic success continue to give Him praise.