



KATE ZIEGLER,
U.S. Olympic Swimmer

I'VE LOGGED ENOUGH MILES TO SWIM FROM THE U.S. TO AUSTRALIA.

**Physicians
Committee**
for Responsible Medicine

I can hold my breath for 108 seconds. And to recharge and boost my performance, I choose vegetarian proteins and whole grains, like super-healthy rice and beans. Catch me if you can!

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