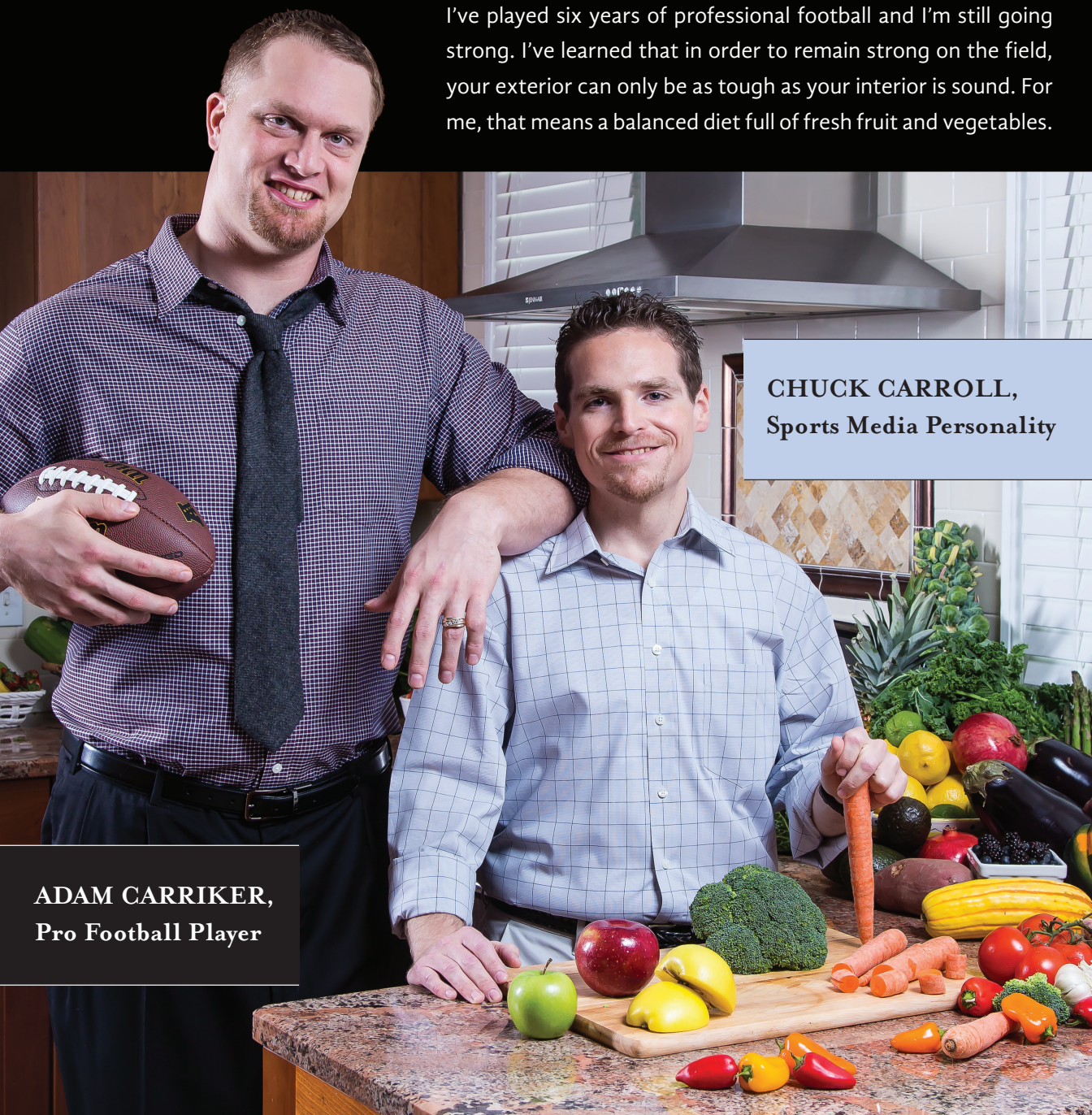


I WAS A FIRST ROUND DRAFT PICK.

I've played six years of professional football and I'm still going strong. I've learned that in order to remain strong on the field, your exterior can only be as tough as your interior is sound. For me, that means a balanced diet full of fresh fruit and vegetables.



CHUCK CARROLL,
Sports Media Personality

ADAM CARRIKER,
Pro Football Player

**Physicians
Committee**
for Responsible Medicine

I ONCE WEIGHED 420 LBS.

Over the last six years, I've lost 260 lbs and have turned a former weakness into a formidable strength: responsible eating. A balanced diet full of dark, leafy greens and a variety of fresh vegetables helps tackle sports interviews on air and on the field.

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