

**Mayo Clinic Medical Edge**  
**Healthy Football Players**

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	TRAINING FOR SPEED. AGILITY QUICKNESS. YOUNG PLAYERS WITH BIG DREAMS. AS THESE GUYS GROW IN THEIR CAREERS IN FOOTBALL THEY'RE GOING TO WANT TO BULK UP.
<b>Nolan Harrison</b> <b>Retired NFL lineman</b>	"GUYS STILL DON'T' HAVE A REAL GOOD HANDLE ON NUTRITION."
	RETIRED NFL LINEMAN NOLAN HARRISON IS DEDICATED TO HELPING PLAYERS STAY HEALTHY. EATING TOO MUCH OF THE WRONG FOODS TO MAINTAIN A BIG BODY SIZE CAN CAUSE HEALTH PROBLEMS IN THE FUTURE. PRELIMINARY DATA FROM MAYO

	CLINIC SUPPORTS THAT THEORY.
<b>Todd Hurst, M.D.</b>	“IT LOOKS LIKE NFL PLAYERS HAVE ABOUT THREE TIMES MORE ARTERY DISEASE IN THE CAROTID ARTERIES THAT THE GENERAL POPULATION.”
	MAYO CLINIC DR. TODD HURST SAYS THAT MEANS RETIRED NFL PLAYERS MAY BE AT INCREASED RISK OF STROKE, HEART DISEASE. AND OTHER PROBLEMS.
<b>Dr. Hurst</b>	“IF WE IDENTIFY THESE RISK FACTORS EARLY ON AND INTERVENE, THE EVIDENCE IS WE CAN MARKEDLY REDUCE THEIR RISK.”
	AND THE BEST WAY TO PREVENT HEALTH PROBLEMS IS TO ENCOURAGE HEALTHY HABITS WHEN PLAYERS ARE YOUNG.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.