


WASHINGTON REDSKINS

WINTER 2018

HEALTH & WELLNESS

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VERNON DAVIS: HOW I STAY IN SHAPE

MEAT-FREE SAFETY
D.J. SWEARINGER EMBRACES THE VEGAN DIET

WRCF MAKES STRIDES WITH
FITT PROGRAM

WOW FOCUSES ON
**FITNESS
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How Vernon Davis Stays In Shape

At 33 years of age, Redskins tight end Vernon Davis keeps on trucking and having success, all thanks to a healthy lifestyle and devotional mindset.



On Sunday October 15, 2017 the Washington Redskins defeated the San Francisco 49ers 26-24 at FedExField in Landover, Maryland.

By Brandon Hill

As reporters gather around the locker of Washington tight end Vernon Davis, there is a mutual understanding between the player and the media: Davis is ready to answer questions, but only after he gets his protein shake.

The 33-year-old NFL veteran, who consumes the viscous brown liquid daily before addressing reporters, has played his entire professional career with personal health at the forefront of his mind.

"I just figured in order to be a pro, a real pro, you have to do what professionals do," Davis said. "Just from having

Three years into his NFL career, Davis became unstoppable, going five straight seasons without missing a game. In 2008, his best year in the league, Davis recorded 965 receiving yards and 13 touchdowns. Davis said that while most NFL players relax their diet in the offseason, the key to his success has been keeping in shape even during his downtime, a method he hopes younger players will also adopt.

common sense, I know that it's right to make sure I'm consuming the proper nutrition I need to have in order to get going."

Davis came into the league back in 2006 after being drafted by the San Francisco 49ers. A Washington, D.C. native, Davis attended the University of Maryland, recording 1,371 receiving yards for the Terrapins in three seasons. Davis recounted how before entering the draft, he realized his diet needed to change if he wanted to succeed at the professional level.

» see **DAVIS** | C4

DAVIS

From page C2

"I started eating properly right before I got drafted, during that time where we were preparing for the draft," he said. "Protein and amino acids, those things are essential to recovery as well as your muscles reproducing and just developing over time."

His dedication to a healthy lifestyle paid off, as he recorded a 4.43-second 40-yard dash in the NFL combine. The 49ers took notice and drafted the young Davis with the sixth-overall pick in the 2006 draft.

From there, Davis replicated his routine of a healthy diet and regular protein consumption, and his game offered living proof of the benefits. A minor fracture in his fibula kept him from completing a full 16-game season his rookie year, but he still managed 265 receiving yards and three touchdowns, including a 31-yard touchdown on his first ever reception in the NFL.

In his second season, Davis again missed time due to a minor injury, this time to his knee. Despite this, he still played in 14 games and nearly doubled his production from the previous season.

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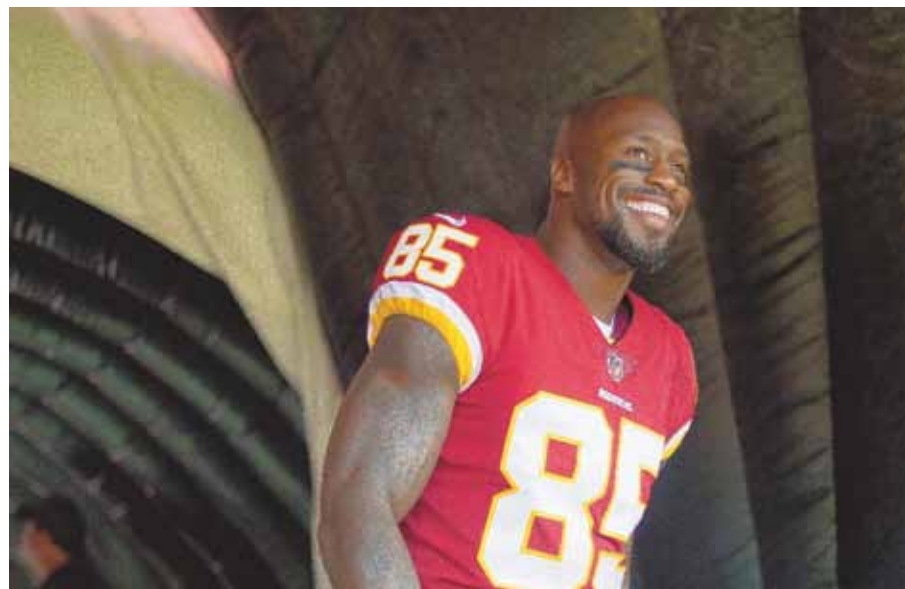
"My advice is to follow that blueprint. During the offseason, make sure you take care of yourself the same way you do during the season, when you're in-season," he said. "Nutrition is huge, probably the No. 1 component when it comes to longevity. Eat more vegetables and fruit. Stay on top of your protein pre- and post-workout."

Davis, now a seasoned veteran playing just 20 miles from where he grew up, is still performing at the top of his game, and his coaches and teammates have taken notice.

"We call him el caballo because he's like a thoroughbred the way he runs down the field," Redskins quarterback Kirk Cousins said. "We always talk about his hamstrings and how they're like the hamstrings of a 19-year-old. Special player, but I keep going back to he's a great player, but he's a better person. He's not a guy who acts entitled. He's a guy who could at his age and experience level. He is just very humble, hungry and is just a fun guy to play football with."

Meanwhile, head coach Jay Gruden, who has started Davis in the absence of tight end Jordan Reed, dubbed Davis the "ageless wonder," praising his incredible speed at 33 years old. Even before the season began, Gruden told reporters that Davis was running around the practice field like he was 20 years old, with no signs of slowing down.

"I don't know if you guys had an opportunity to read up on Tom Brady, 'TBI2 method' and everything that he does," Davis said. "I feel like it's similar,



On Sunday August 27, 2017 the Washington Redskins defeated the Cincinnati Bengals 23-17 at FedExField in Landover, MD.

the way that he takes care of his body. I was intrigued by reading that article in the ESPN magazine. It's pretty awesome, because it kind of resonates with me, just from eating healthy, getting proper sleep, stimulating your mind mentally when it comes to visualization. All of those things go hand in hand, and if you can really indulge in those things, those techniques and make it a part of your everyday life and what you do, make it a habit, a good healthy habit, then I feel like it will take you a long way."

Davis has two seasons remaining on his current contract with the Redskins.

Meanwhile, he continues to make clean cuts and one-handed catches in practice, on pace with the rest of his younger teammates. According to Davis, as long as his production stays consistent, so will his lifestyle.

"It's just a conjunction of everything," Davis said. "Everything goes hand in hand: massages, chiropractor, stretching, protein at the right time, amino acids and eating properly. If you're really cognizant of those things, you'll have that longevity that you're seeking when it comes to playing the game for such a long time."



On Sunday October 2, 2017 the Washington Redskins were defeated by the Kansas City Chiefs 29-20 at Arrowhead Stadium in Kansas City Missouri.

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Abel Asrat, Virginia Beach, Virginia WINNER – Season Tickets for 2 “I heard about highi and was ‘made to join’ by my wife. My thought was there is nothing to lose, I already have a fitbit and I go to stores where highi stations are often for errands. I always had more highi watts than my wife, but I never won anything while she won twice. So of course I complained. Then, one day the big one hit and I won season tickets for #HTTR!”



Doc Walker REDSKINS LEGEND brings followers to HTYH



Norman Kreisman, Woodland Hills, California WINNER – Tailgate Experience for 2 “I’ve been a highi member for a couple of years, and have joined their challenges numerous times. When the Redskins joined forces with highi to offer a tailgate experience, I got going so I could possibly gift a old friend of mine who lives in DC. He and his kid had a ball, and I got to keep up with my highi routine.”

Redskins and highi Team Up for ‘Hail To Your Health’ Campaign

highi, owner of the largest FDA-cleared, retail based, self-screening health station network and consumer engagement platform in North America, has teamed up with the Washington Redskins for a multi-year partnership.

Through this partnership, highi and the Redskins created the “Hail To Your Health” campaign. To kick things off for year one, we co-produced a series of monthly challenges from August through December of 2017 whereby Redskins fans could win one-of-a-kind prizes for checking their biometrics and being active. This challenge series has been tremendously successful and encouraging for future health & wellness initiatives as the Redskins continue their partnership with highi into the 2018 football season.

The Redskins have a long-standing history with health & wellness programs, dating back to the founding of the Think Pink campaign that focuses on early detection and breast cancer awareness. Spearheaded by Tanya Snyder, Think Pink is celebrating its 20th season.

Newer initiatives for the team in the health & wellness space include a 2017 season re-launch of the official health & wellness website, which has become a major focus for the Redskins. As a health & wellness partner, highi is highlighted on the new website, and the Hail To Your Health campaign has played a crucial role in promoting fan engagement for expanding the larger venture.

The Hail To Your Health challenge series stems from recent scientific studies presented by highi at American Heart Association venues that show participation in a health & wellness challenge can effectively motivate people with hypertension to help reduce elevated blood pressure in a statistically significant way. These studies show that once you leverage the power of social influence and make a program entertaining and fun, you lighten the burden of getting healthier, which in turn encourages excitement about the prospect of better health.

This innovative partnership has helped Redskins fans and highi users get healthier by encouraging participation

in simple monthly health and fitness goals. The reward for winning these challenges? Unique Washington Redskins prizes, including season tickets, a VIP tailgating experience, Dinner with Doc, Redskins gear, and more.

highi’s vast network of health stations in neighborhood retail stores like Giant, Rite Aid and Sam’s Club have given Redskins fans an accessible, easy, and fun way to integrate their regular biometric readings and activities into their lifestyle routines without ever making them miss a game. With over 11,000 highi stations nationwide in pharmacy retailers that consumers regularly frequent, highi offers a convenient solution for fans to become more self-aware about their health and engaged in a healthier lifestyle.

Redskins fans have responded well to the challenge series. With over 26,000 participants over the last 5 months, highi has realized a surge of new registrants eager to join challenges as well as a spike from inactive highi users, proving that fun challenges encourage people to take the steps needed toward a healthier life. The

habit of tracking biometric data during the challenge has also led to participants remaining engaged, even months after a challenge concluded.

As 2018 gets underway, the Washington Redskins and highi partnership will continue to encourage people to get healthy. A new challenge is running this month, throughout March, where fans have the opportunity to receive passes to a VIP practice training this summer – something you don’t want to miss.

The Washington Redskins are dedicated to promoting health & wellness in the football community, and highi offers football fans around the country and in the Washington DC area the opportunity to know their numbers and be their healthiest. If you’re interested in participating in this month’s challenge, visit one of these retailers in the DC metro area or go to highi.com/redskinsmarchchallenge

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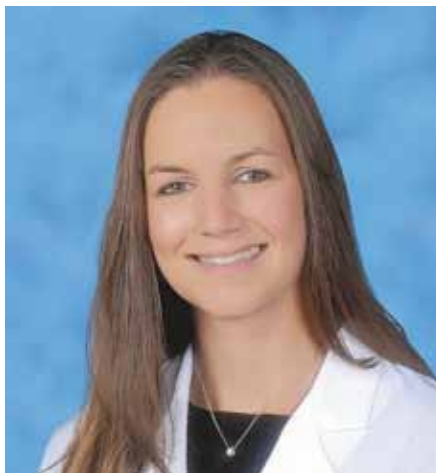
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Building mental toughness: The benefits of sports psychology in football



By Melissa Womble

For pro athletes like players on the Washington Redskins, keeping the body in the up-most physical form is unquestionably important. But there's also more to football than practice of the physical skills, building muscles, improving physical endurance, and building reflexes. In many ways, football is a mind game.

"After football games, it is not uncommon to hear athletes fault poor performance on becoming nervous under pressure which subsequently affects their concentration and mental game," says Melissa Womble, PhD, a neuropsychologist with the Inova Sports Medicine group, the official hospital network and sports medicine partner of the Washington Redskins. The Inova Sports Medicine team offers comprehensive, personalized care for athletes at every age and activity level, with a focus on injury prevention, recovery and performance. Athletes can access this care all in one convenient location in Fairfax, Virginia.

Despite the importance of the mental game, amateur athletes and their coaches are often much more likely to focus on

physical skills. Womble adds, "Unfortunately, sport psychology services are underutilized mostly due to lack of knowledge." Luckily, Womble and other sport psychologists are experts in preparing athletes – both pros and amateurs – for competitive success as well as overcoming psychological obstacles that may be detrimental to their performance.

Psychological Aspects of Sports

Imagine a professional football player in the last quarter of a tough game. He might be tired, losing focus, or worrying about the outcome. On top of that come fear of disappointing teammates or fans, or dwelling on a mistake made a few minutes before.

"Sport psychologists can teach skills to help players stay in the moment," Womble says. "With football players and many professional athletes we commonly work on maintaining concentration, coping with adversity, and mental preparation – that mental toughness piece which refers to an athlete's ability to play at or close to their best regardless of internal or external circumstances."

But seeing a sport psychologist doesn't mean the athlete isn't tough enough. Rather, sport psychology is designed to give athletes better skills to perform consistently and ultimately succeed. "We all know that physical skills need to be regularly practiced and refined. But psychological skills also have to be worked on regularly," Womble says.

Tools for success

Sport psychologists, such as Womble, teach athletes concrete skills and techniques to improve their game. Those skills cover a range of areas, including:

Achieving the optimum arousal levels. Reaching optimal arousals level that allow us to perform at our best, are key to successful performance. When

arousal levels become too high, performance decreases. This is constantly challenged during football games with the typical ups/downs, which can cause a team to miss a touch down or counterproductive play. Therefore, sports psychologists can work with athletes to help them learn how to best manage and regulate their arousal levels.

Mental imagery. Sport psychologists help athletes develop mental "scripts" of their perfect game that they can rehearse in their minds. This can help in improving focus and concentration, especially at times where consistent performance is key.

Group and team dynamics. Michael Jordan has been quoted as saying "Talent wins games, but teamwork wins championships." It is essential that talent is blended, in order to maximize individual performance and create an effective team environment or climate. Sports psychologists can work with teams to create an ideal climate through helping players understand their roles and increasing social support amongst players.

Concentration during the entire game. It is hard for people to understand the level of concentration that is required for a long football game; however, we can all relate to how important concentration is when completing a task. Therefore, a sports psychologist can work with an athlete to teach them skills to manage their own attention during games. Additional work can be focused on helping athletes understand situations in which different levels of attention are necessary.

Self-control in the face of adversity. It's not uncommon for athletes to worry about the score or personal errors during games. Womble recalls working with a golfer who would become frustrated by his errors and lose focus during tournaments. "By learning to control his thoughts and anxieties, he went on

to be very successful at the pro level," she says. Learning techniques such as shifting the focus of attention and thought stoppage can be very effective for athletes.

Pressure from internal and external sources. In football, players receive pressure from coaches, team mates and the public. In order to manage the pressure placed upon them, they must employ psychological strategies to reach peak performance levels. In some cases, sports psychologists will work with coaches to help them understand situations to avoid that could affect performance.

Injury recovery

Coping with an injury, whether it be concussion or an orthopedic injury, can be stressful for athletes who are eager to get back in the game. And athletes, who have been injured, such as those who have been sidelined with a concussion, can sometimes be nervous to return to play. That hesitancy can actually put them at risk for more injuries, Womble says. Sport psychologists work to help athletes regain their confidence to play at the top of their game. They can also assist athletes in the process of coping with injury by educating the athlete about the recovery process, teaching specific psychological coping skills, preparing the athlete to appropriately cope with setbacks in rehabilitation and fostering social support during the process.

The healthcare professionals at Inova Sports Medicine are dedicated to helping athletes at any level improve their game. For more information or to make an appointment to see one of Inova's sport psychologists, doctors or athletic trainers, call 703-970-6464 or visit inova.org/sportsmedicine.



Redskins Charitable Foundation Makes Strides With FITT Health & Wellness Program

In its second year, Redskins FITT continues to help middle school students stay active and healthy.

Meg Kuharich

In September, more than 60 Brookland Middle School students ran through a combination of speed and agility drills alongside defensive lineman Anthony Lanier II during gym class to kickoff the second year of Redskins FITT – a youth health and wellness initiative launched by the Washington Redskins Charitable Foundation, in partnership with District of Columbia Public Schools.

Redskins FITT (Frequency, Intensity, Time and Type) empowers and assists middle school students in the development of their own health and wellness goals by helping them develop a personalized two-week fitness plan.

The cornerstone of the program includes the Redskins FITTbook. Provided to each participating student, this supplemental learning tool contains lessons on physical activity, nutrition and cognitive development. Additionally, participating schools are given the opportunity to host FITT workshops and access online instructional videos throughout the school year.

To emphasize the lessons within the FITTbook, special events during the season also incorporate a few notable guests, like the one hosted at Brookland



Middle School with Anthony Lanier II. “Participating in the event today was special for me because kids get to meet a pro-athlete and I have the power to influence them to do good things in life like keeping healthy and working together to get stuff accomplished,” said Lanier. “This event made me feel like I was one of them again, you know, just running around, having a good time, no

worries in the world, being able to just listen and learn.”

Rayshonna Hill, physical education teacher at Brookland Middle School, had a front row seat to all of the action at the September event. She said that she continues to see the positive impact that Redskins FITT has on her students.

“My main job is to promote a healthy lifestyle long-term, not just now, and

Redskins FITT allows me to do just that,” said Hill. “I talk about it [Redskins FITT] in class. I give them activities that are fun that they can use into adulthood. We like the initiative [Redskins FITT]; we like keeping our kids healthy. It was exciting and helped emphasize the importance of living a healthy lifestyle, not just as kids, but long-term.”

This year, the Redskins FITT program broadened its reach by expanding to select middle schools in Fairfax, Loudoun and Prince George’s counties. Brambleton Middle School in Loudoun County also had the opportunity to host a special event this fall, as Redskins quarterback Colt McCoy led students in a series of teambuilding exercises focused on trust, problem solving, communication and teamwork. And, despite arriving home late from an away game in Los Angeles, Redskins cornerback Kendall Fuller brought interest and enthusiasm to a Fuel Up to Play 60 FITT workshop, which centered on the importance of a balanced diet and healthy eating at MacFarland Middle School in Washington, D.C.

To date, the Redskins FITT program has impacted over 1,800 students during the 2017–2018 school year alone and will continue to reach more students in the new year.

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WOW Focuses on Fitness in 2017

During the 2017 season, the Women of Washington Redskins (WOW) teamed up with master trainer and health & fitness pro Deanna Robinson to host a variety of fitness focused events for their 133,000+ members.

In June, WOW hosted its annual Fitness Bootcamp at FedExField. Deanna and the Fab Body Factory team lead a group of 200 WOW members through workouts in different parts of the stadium, including the Bud Light Party Pavilion, team locker room, lower bowl stairs and the main concourse. “The positive energy spreads through everyone, so if someone feels like they can’t finish the exercise and the person next to them is killing it –it’s infectious and it spreads. I love being with a big group of women and spreading the positivity,” Robinson said.

To wrap up the 2017 season, WOW members visited the Inova Sports Performance Center at Redskins Park for the “New Year, New You” Bootcamp. Redskins alumnus Santana Moss is a regular at WOW events throughout the year, so he

jumped at the opportunity to join the women at another fitness focused event.

“I’m one of those guys who is always training so I had a blast going from station to station and motivating them to push through it,” Moss said. “It was great to do the event with them because now that I’m not playing I get to see them more and it’s always a great time.”

Robinson was excited to return for another event with the WOW members. The second time around, she focused on inspiring the guests to start 2018 on the right foot.

“It’s awesome that we were able to set the tone for 2018,” she said. “We had four different stations set up where we did different exercises at each station. The ladies did an awesome job and we just set out our health and fitness resolutions for 2018 and we are ready to take it on.”

To get access to events like these, join WOW for free by visiting wowredskins.com or follow us on Facebook, Twitter and Instagram @wowredskins.



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Meat-Free Safety: D.J. Swearinger Embraces The Vegan Lifestyle

Redskins safety D.J. Swearinger switched to a Pescetarian diet last year and has noticed a significant difference in the way he feels and plays.

By Jay Cannon

Every year, from the months of August to January – and sometimes February if you're lucky – the body of an NFL player is put to the test in virtually every way possible. Football is no longer a game of one-dimensional players -- it has evolved to prospects needing a wide range of physical tools to be considered for a starting role or even a roster spot.

With so much being demanded of the modern day player, fitness has become more important than ever before, and in many cases, that goes hand-in-hand with a healthy diet.

For Redskins safety D.J. Swearinger, a strict diet plan has been integral to ability to stay in shape over the past two seasons.



On Sunday October 15, 2017 the Washington Redskins defeated the San Francisco 49ers 26-24 at FedExField in Landover, Maryland.

Last year, Swearinger committed to a Pescetarian diet, which prohibits him from eating any animal-produced foods outside of fish.

"I've actually been slowly heading that direction," the safety told Redskins.com.

The process started in 2015, when Swearinger eliminated all red meats from his diet, but still left room for chicken, fish and the occasional serving of turkey. He stayed on this meal plan for roughly a year, but decided to take things a step further the year before he joined the Redskins.

"In 2016, I put away the turkey, put away the chicken and basically stayed on

the Pescetarian diet with fish only," the South Carolina product said. "And that's sort of something I've been on – basically Pescetarian, vegan. I eat fish every now and then, but mainly eat vegan stuff."

Swearinger's decision to commit to the Pescetarian diet was the result of a lot of research, reading about dieting and a desire to be healthy. The diet makes sense for Swearinger in that it not only helps him to stay in shape for football season, but there is a noticeable difference in how he feels on a day-to-day basis.

"For the most part, human bodies should eat plant-based fruits, veggies, plant-based things," he said. "Doing that, my body's been feeling better – more energy, not as drowsy as I once was in the past when I would eat red meat or my stomach would be hurting, never have stomach pains or anything like that. So, eating clean I feel the best I've ever felt."

Sticking to such a strict diet plan is hard, of course, and he admits that there have been times when he has broken the diet over the past year or two, but he has mostly been able to stay on track, thanks in part to his girlfriend.

"She's a health freak," Swearinger said with a laugh. "She's sort of the main reason that helps me stay on it. I've got a partner that does the same thing and we eat the same thing."

Being a Pescetarian puts a deal of stress on one's ability to cook and be creative in the kitchen, especially when it comes to getting protein.

The 26-year-old admitted that eating a healthy amount of protein as a Pescetarian is one of the biggest

challenges, but he has been able to find several effective options that don't come from an animal. Swearinger will occasionally get his protein from well-known foods like almonds and other nuts, but more often than not, he finds himself turning to chia seeds and pumpkin seeds.

Foods like chia seeds and pumpkin seeds certainly aren't some of the most appetizing ones out there, but that's where another key element of his diet comes into play: smoothies.

"I probably drink about four or five smoothies a day," Swearinger said. "Smoothies are where I can get a lot of my protein...I put a lot of my almonds, a lot of chia seeds and the pumpkin seeds just to try to put it into something like a smoothie with fruit so I don't really taste the chia seeds or the other stuff."

Along with the protein sources, Swearinger will mix green vegetables and fruit into the smoothies to add some flavor while still keeping it healthy. Making four to five of these per day is a lot, sure, but he views his smoothies as a replacement for meals he used to eat.

"Usually, before this, I ate probably four or five times a day. But, it would be other meals, so the smoothies are just a substitute for the extra meals that I would eat if I wasn't vegan," Swearinger said.

In terms of the effects he has seen from the diet, his weight has expectedly dropped over the past couple years.

"In 2015, when I started it, I would be 210-215 [pounds] easily," the veteran safety said.

Since then, however, he has seen a gradual decline, slimming down to the

200-to-203-pound figure he has now. Despite what some might think, he believes that this drop in weight has put him in a better position in the long run.

"A lot of people, like when my parents or people see me, they'll be like 'Bro, you're small, you're little!'" Swearinger said with a laugh. "I'm like 'Man, I'm healthy.' That's the thing, I'm healthy. They're not used to seeing me so lean, so it's different for them, but I definitely tell them I'm healthy, I feel better, [and I] try to get them to do some of the things that I do, because it can only help you."

It is clear that Swearinger has experienced the positive effects of leading a strict but healthy diet. He is the leanest that he's ever been and the last two seasons have arguably been the best of his career. As a result, he doesn't see himself



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straying away from the Pescetarian diet anytime soon.

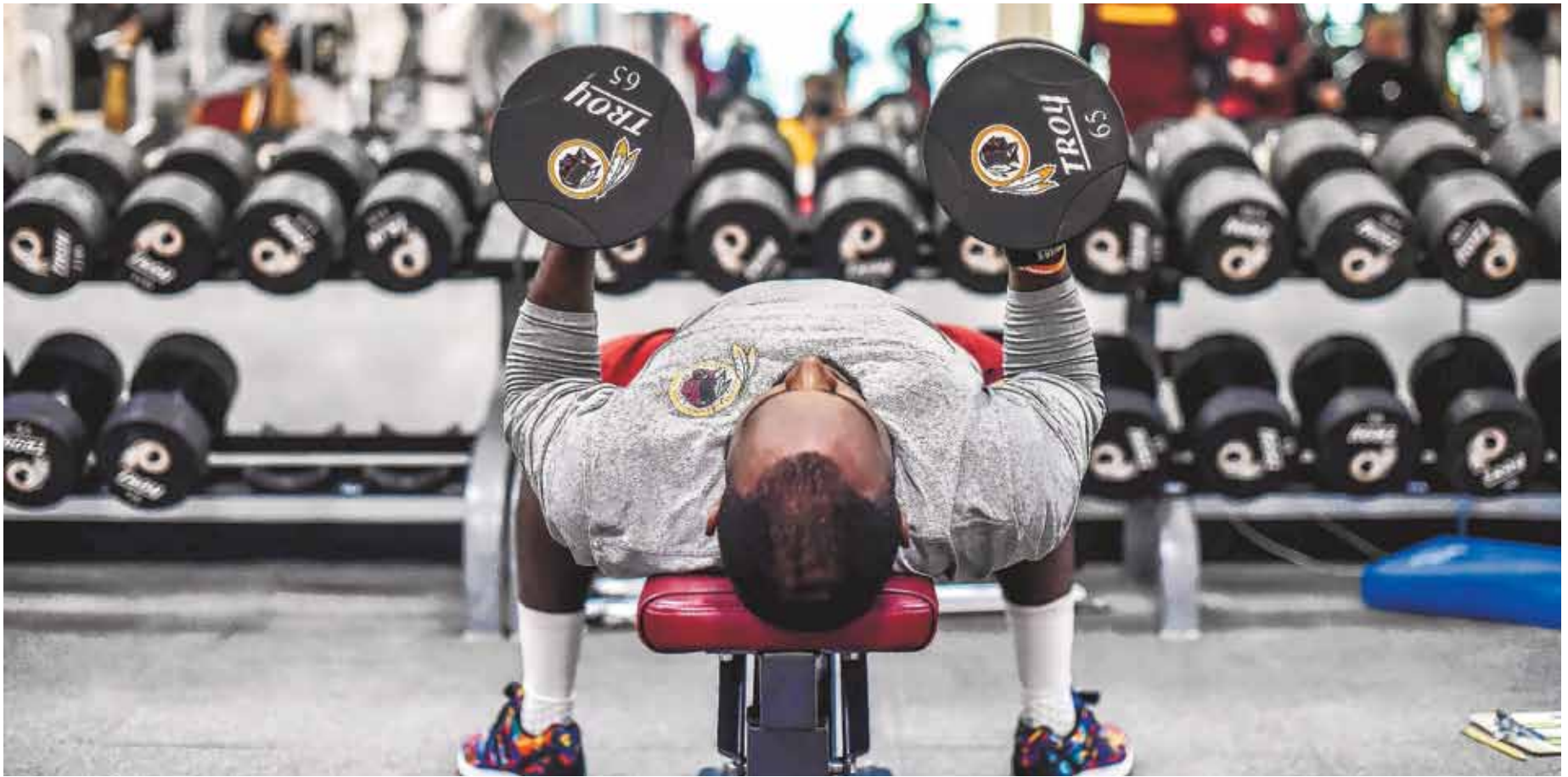
"During the offseason, I may eat a little sweets or something like that, but I don't see myself going back to the red meat or pork probably ever," Swearinger explained. "I feel like especially during the season, I'm going to stay my strictest on it. Offseason, like I said, I may do a little more towards the sweet side of things, but not towards meat or any chicken or anything like that."

"I'll definitely be doing this the rest of my career."



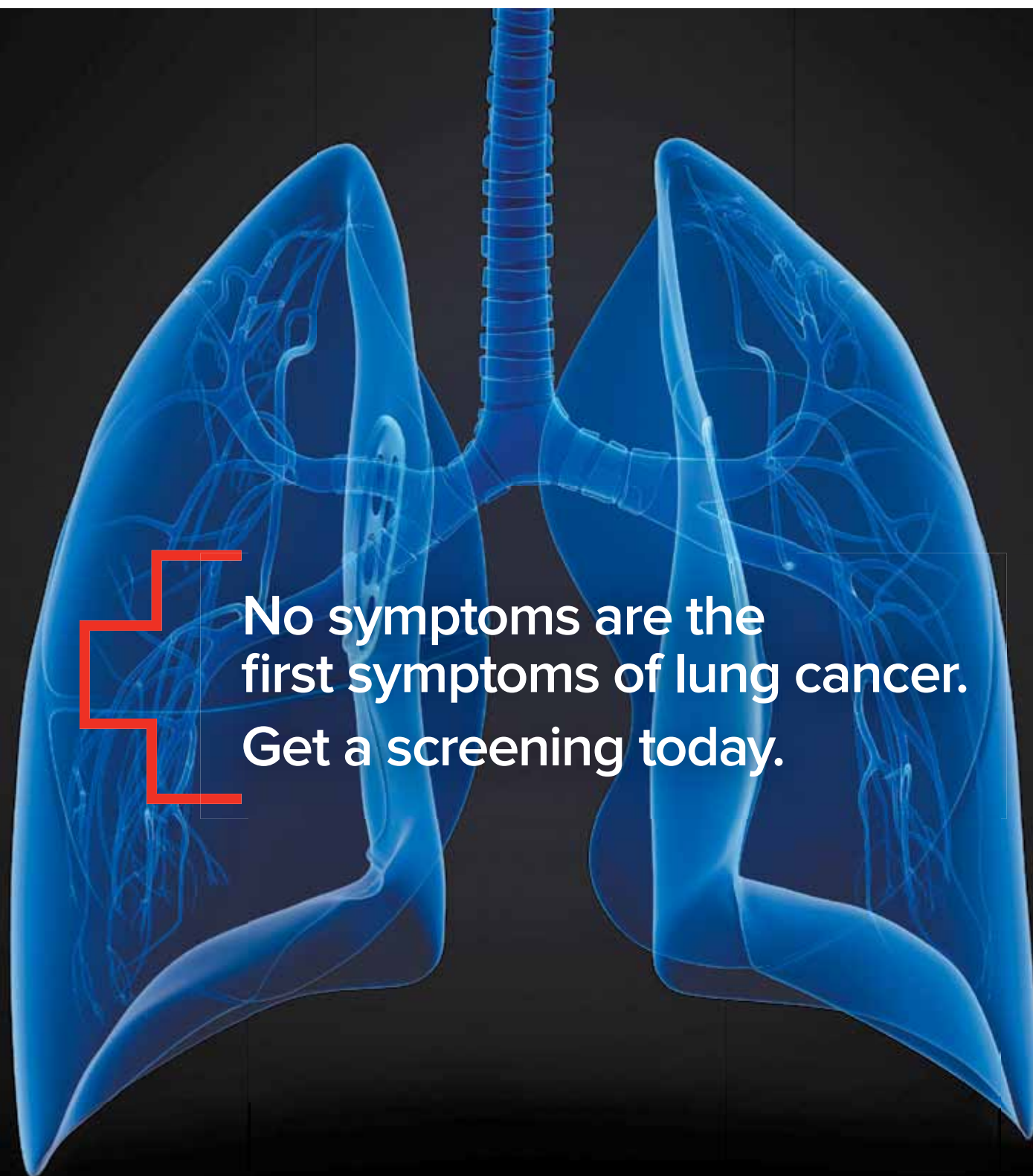
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Redskins Spring Workouts





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