




REDSKINS
 HEALTH AND WELLNESS
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Redskins, NBC4 Team Up For Health & Fitness Expo

The 2015 NBC4 Health & Fitness Expo was held Jan. 10 and 11 at the Walter E. Washington Center in Washington, D.C., and featured demonstrations from the Washington Redskins' team chef and nutritionist.



**By Jake Kring-Schreifels
Redskins.com**

The main goal behind “Fuel Up To Play 60,” the program founded by the National Dairy Council and NFL, is to empower children with daily exercise and nutritional knowledge while encouraging them to teach their peers about it.

On Jan. 10 and 11, during the annual NBC4 Health & Fitness Expo in Washington, D.C., the Washington Redskins Charitable Foundation and Mid-Atlantic Dairy Association gave elementary students an ideal platform to spread that message.

Selected from four local elementary schools, five young, budding chefs were given the opportunity to display their skills in the kitchen. Perched on a demonstration stage, each took turns discussing simple and healthy meals and snacks in front of a family-oriented audience.

The students described recipes and directions for making treats like chocolate banana shakes and peaches with cream. They also gave worthy advice, like making sure to keep the lid on the blender.

In between preparing dishes, they paused to do exercises to music and get the crowd out of their seats and get active.

“I just knew right away this was going to be incredible,” said Hugh Brockway, a physical education teacher at Lovettsville Elementary school, about the “Fuel Up To Play 60” program. “I was one of the [few] in our county that accomplished any of the tasks that you have to do to get this in your program.”

Brockway, who became involved with the campaign in 2012 and has been helping promote it to other area schools, led the range of musical exercises with the kids. He was excited the Redskins invited him to speak about his programming if only to spread an important message.

While making sure students eat healthy is a major task for school systems, Brockway knows getting proper physical activity—and

making it creative—is just as vital to staying fit.

“You kind of do an assessment of your school and say, ‘What could we do differently than just exercise?’” he said. “For example, in our school we are in the stages of planning with the kids help to paint our blacktop so there’s more stuff for kids to do.”

Across the convention hall, past the countless dance workouts and blood drives,

the same idea was in full effect. As parents signed up for Redskins programs and collected pamphlets, their kids enjoyed some running drills and played catch with a football.

As new audience members settled in, the second half of the Jan. 10 demonstration featured Redskins executive chef Jon Mathieson and team dietician Rob Skinner, putting together a typical meal they would prepare for players and coaches at Redskins Park.

Mathieson cooked up a Cobia entrée with broccoli raab, shitake mushrooms and Farrell grains, offering a variety of vegetables, which he joked are sometimes difficult to feed to hungry football players.

“It was a typical dish we’d do at the park for the players and coaches,” Mathieson said. “You want to use some green vegetables, get a great starch, and a nice piece of fish or meat on the lean side.”

While he cooked, Skinner described his duties taking nutritional care of the team and took questions about types of foods being used as well as ways to help dieting. For him, the expo demonstration is a way to educate

others about eating well and an opportunity to keep his expertise sharp.

“I like getting asked questions shotgun style so that I can make sure I’m still on top of my game,” Skinner said. “If somebody says, ‘How many grams of this?’ I’ve got the answers for them. So I prep for this by looking up all the ingredients and reminding myself... It’s enjoyable for me.”

He also shared some intriguing tips about cutting out sweets.

“Taste experts say that after three bites of a dessert, technically you can’t taste the difference,” he said. “So if you can take those three bites and push it away or share it with a friend you’ll be better off.”

What’s most valuable — for Skinner, for the athletes he helps, for the hundreds passing by at the Expo — is taking away a small, practical suggestion. For one attendee, that meant learning about Farrell, a new grain ingredient she’ll now likely be adding to her cupboard.

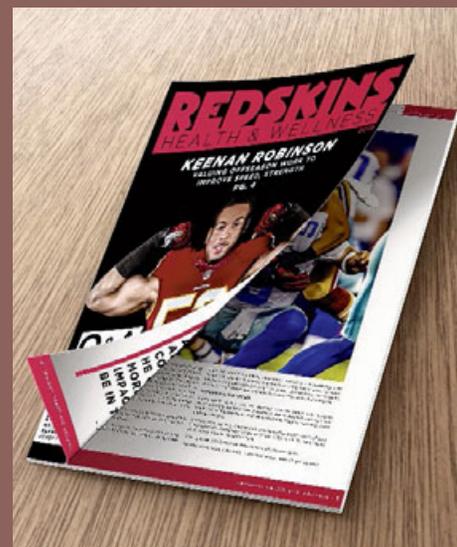
“We just expanded her palette,” Skinner said enthusiastically, “which is what we try to do with players every day.”

2015 Redskins Health & Wellness Magazine

The Washington Redskins Health and Wellness Magazine is an annual publication that gives fans a peek inside player health both on and off the field. Fans are exposed to exercise routines and nutrition tips from Redskins players, trainers and nutritionists to help them be the healthiest fans in the NFL. You can get a FREE copy of the 2015 Health and Wellness magazine, which features exclusive player interviews, at any of the following locations:

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Q&A: Rob Skinner

Rob Skinner joined the Washington Redskins shortly before the 2013 season to serve as the team's dietician and nutritionist. Working with the players on a consistent basis, Skinner's duties include assisting in the formation of the menu for the team's meals, tinkering diets to player preference and maximizing post-workout recovery. Redskins.com's Stephen Czarda recently caught up with Skinner, who talked about his work with the team, as well as what a non-football player can do to help improve their diet.



“Most of my career has been spent in advocating and educating on good nutrition as it affects performance.”

Redskins.com: What is your background in nutrition studies, and how do you work with the players to ensure their bodies are prepared for the rigors of the football season?

Rob Skinner: “I worked for 13 1/2 years in collegiate athletics with two different schools: Georgia Tech and the University of Virginia. Then I worked with Naval Special Warfare with SEAL teams down in Virginia Beach for 3 1/2 years. Most of my career has been spent in advocating and educating on good nutrition as it affects performance. For our team here, I work with Chef Jon Mathieson to develop the menus that we serve the team. I work individually with players with issues like potential weight gain or weight loss, depending on what's going on with them. I work with the training staff on hydration during camps and games to prevent cramp-prone individuals from tightening. I also work with

post-exercise recovery via smoothies or food, depending on what the player wants.”

Redskins.com: The players eat one to two meals per day at Redskins Park. How does this help you ensure they are getting the proper nutrition to get their bodies ready before and after practice?

Rob Skinner: “I think that the one thing we try to impress upon the guys is that they have the opportunity to eat two really good meals here. We portion control our plates to somewhere around 600 to 750 calories. We always have a starch, six to seven ounces of protein and a vegetable, plus they've got the salad bar if they want it. We have standard spoons that are half a cup so they know that half a cup of vegetables equals five calories and half a cup of starch equals about 60 calories. The biggest difference with what they're getting now is we basically have a functioning restaurant. It's not

opening up a can of something and heating it up. Our green beans aren't coming in a big can and dumped into a pot to boil. We're getting fresh produce in and cooking it right away. The other thing is we don't leave food out all day long like when a buffet line where it degrades eventually. Our food is pretty much from the stove top to the plate.”

Redskins.com: You talked about providing the players some sort of post-workout plan. This often involves some sort of smoothie or food. How important is that recovery window right after a workout?

Rob Skinner: “We know through research that the metabolic window of recovery is about 15 to 45 minutes. What that means is that enzymes that help you recover both your energy storage and protein synthesis are at their peak point about 15 minutes after exercise. Then they start tapering off about 45 minutes after exercising. So the key is taking advantage of that window of recovery.

You need to get something between 15 and 45 minutes post workout. As far as the general recommendations at home, most people can get away with just drinking a chocolate milk, because it has eight grams of essential amino acids and both carbohydrates and protein. They key is to get both carbohydrates and protein in post workout.”

Redskins players weigh in on Rob Skinner and the team's kitchen staff:

Outside linebacker Ryan Kerrigan:

“Rob – and really the entire kitchen staff – have done a great job of providing us with education on the ways to eat properly and eat the most efficient ways. They've also done a good job in the kitchen of providing us with meals that both taste good and are nutritionally sound.”

Tight end Niles Paul:

“Rob has helped me a lot in terms of being conscious on what to eat and how it affects my body and what I should put in my body.”

Fullback Darrel Young:

“With those guys here working with us all the time, I know have a better understanding of some of the things away from the field and away from the weight room that keep your body ready for an entire season.”

Redskins.com: What are some ways the average person on the go can improve their diet and not be tempted to lean towards fast food and microwavable meals?

Rob Skinner: “I think the key with on the go is prior planning. If you really want to take control of your nutrition, then you pack a cooler and in that cooler have almonds, sun flower seeds, dried fruit, even cut up vegetables like celery or something you can eat raw like broccoli or carrots. Beef jerky is a great on the go protein snack, as well. So you have these readily available and they're all-whole foods, so you take those, you pack them in, and if you want to make a sandwich or some kind of meal, pack these snacks with you. The other thing is we have a bad habit of ignoring our hunger cues. If you're hungry, your body is sending you signal that you need to eat. People tend to overeat when they ignore their hunger cues. So by giving yourself a little 100 calorie snack, that'll hold you off until you get to the next quality meal.”

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Redskins Salute Keeps Members Active with Health and Wellness Events

In the 2014 season, the Washington Redskins launched Redskins Salute, the team's free, Official Military Appreciation Club.

Under the leadership of owner Dan Snyder, the Washington Redskins created Redskins Salute to amplify the team's decade-long military appreciation initiatives into one comprehensive, year-round platform.

Launched in partnership with the USO of Metropolitan Washington-Baltimore (USO-Metro), Redskins Salute is a free community providing a platform for fans to serve, support, thank and connect with military service members and their families. Redskins Salute offers free events, exclusive content and support programs for military service members and their families to address needs in the areas of education, family services, health and wellness and post-service job creation.

The free events and programs were built upon the success of long-standing military-related events with USO-Metro, including



free ticket distribution to Redskins home games and other FedExField special events. Other events included the Salute to Play 60: Military Challenge at Joint Base Andrews (Air Force-Navy) and an appearance by Redskins rookies at USO-Metro's newly constructed Warrior and Family Center in Bethesda, Md., in addition to the team's military initiatives at FedExField during the season.

Eligibility for Redskins Salute includes all active duty troops, members of the National Guard and Reserves, and military veterans, from all branches in the U.S. military, as well as their family members.

Eligible military members and their families can join free of charge by visiting www.redskinssalute.com.

To maximize the impact of its events and support programs, Redskins Salute partnered with organizations with a long-standing commitment to serving military service members across the nation.

For more than 70 years, the USO has served as a support system for America's military troops and their families to boost morale through support programs and outreach initiatives. Named as the preferred non-profit partner of Redskins Salute, USO-Metro provides Redskins Salute members with exclusive content and awareness of other local activities and support services, as well as assists in bringing Redskins Salute events to existing USO Centers throughout

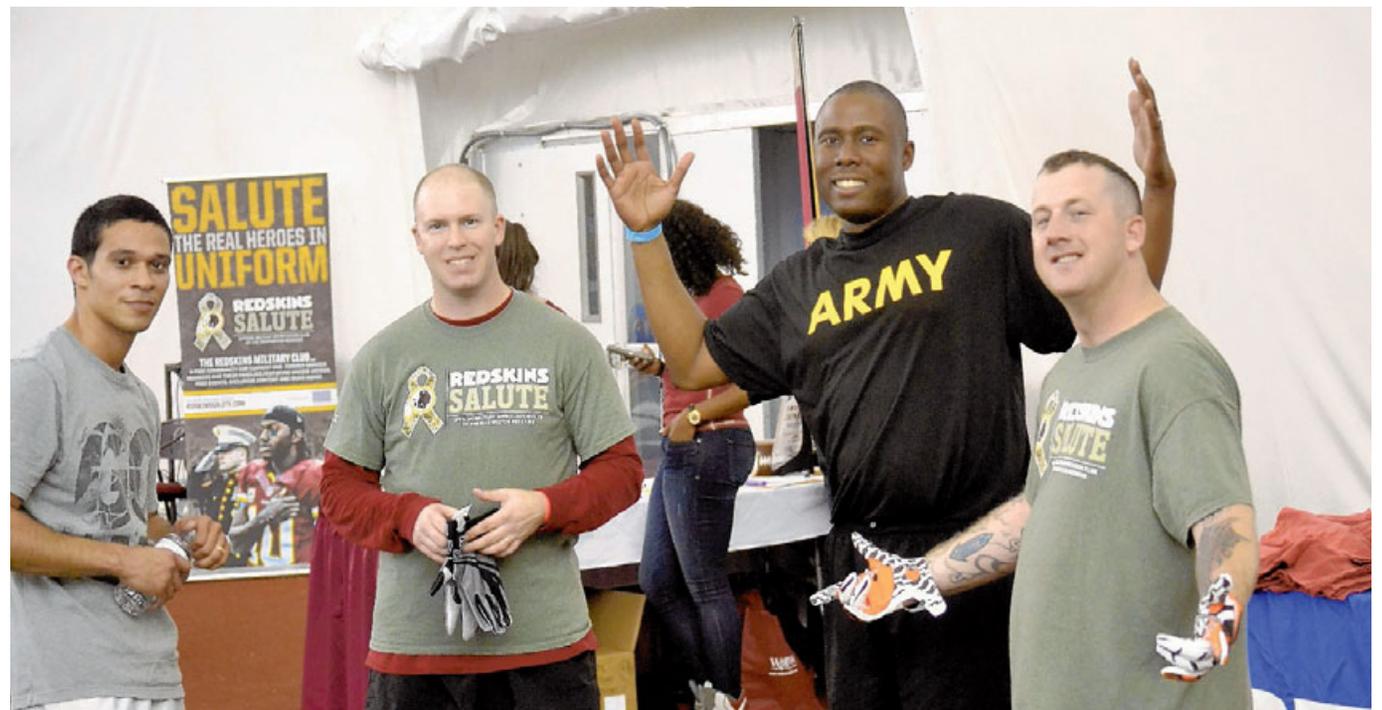
the region. The partnership has allowed Redskins Salute to host exclusive, private events on military bases, such as player visits for active service members and their families.

"With the help of USO-Metro, we are proud to have the opportunity to show our gratitude and support for those who have served our country through sustained, year-round engagement," said Bruce Allen, Redskins President.

"Boosting the morale of members of our military community is at the heart of everything we do at USO-Metro," said Elaine Rogers, President and CEO of USO-Metro. "Redskins Salute aligns beautifully with our mission to 'lift the spirits of America's troops and their families' and we're looking forward to working with the Redskins to celebrate the service of those who have and continue to give so much for our nation."

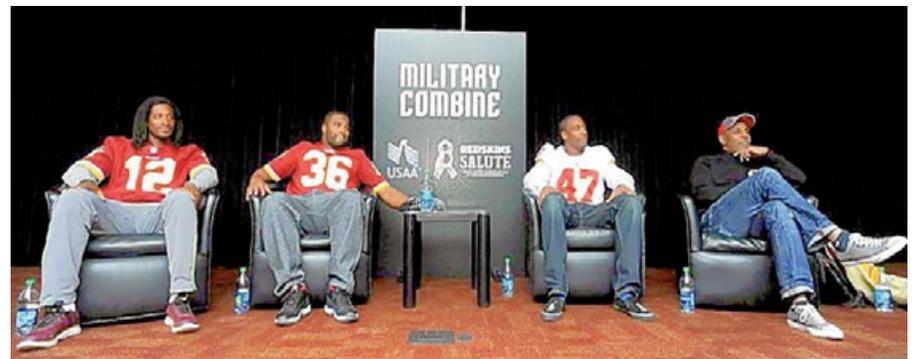
This past season, Redskins Salute integrated health & wellness initiatives into its events and content for Salute members.

In October 2014, Redskins Salute geared up for its very first Flag Football Tournament. Salute members and their family members were invited out to Redskins Park in Ash-



burn, VA to play flag football in the state of the art indoor training facility. Ricky Ervins & Sidney Johnson, Redskins Alumni and 1992 Super Bowl Champions, joined in on the action helping keep the competition fierce between teams.

Last November, USAA and Redskins Salute invited 150 Metro DC-area active duty and retired military members to compete in a military combine event at Redskins Park. The combine consisted of a series of activities, including the 40-yard dash, vertical leap, bench press, broad jump and shuttle drills, and was held in conjunction with USAA, the Official Military Appreciation Sponsor of the Washington Redskins. The event also



featured an exclusive Redskins player Q&A session in the team's auditorium, featuring current and former Redskins players Darrel Young, Akeem Davis, Andre Roberts, Rick "Doc" Walker and Gary Clark.

To kick-off the 2015 year, Redskins Salute supported the Washington Redskins' indoor practice facility on January 10th which was transformed into one of the area's more unique blood donation centers. From 7 a.m. to 4 p.m., the Redskins teamed up with Inova Blood Donor Services to host a blood drive as part of Inova's "Give Local, Save Local" campaign. All of the blood collected in the

atmosphere at Redskins Park in Loudoun County, Va., they were also sent home with limited-edition Redskins Salute t-shirts and plenty of photos and autographs from a handful of Redskins legends, as well as the opportunity to take pictures with the franchise's three Super Bowl trophies.

In addition to Redskins Salute's health and wellness efforts, five current Washington Redskins players utilized the off-season and departed the United States to travel to all ends of the globe to visit armed forces at select military bases. Invited by Pro Tour Productions, fullback Darrel Young and

effort was supplied to local hospitals in the Northern Virginia.

Along with several members of the community coming out to support the cause, Redskins alumni Dexter Manley, Gary Clark, Ken Harvey and Ricky Ervins were also in attendance to support donors – designated as "Hometown Heroes" – for their efforts.

"Donating blood is something that you don't think about until you need it and sometimes you don't realize how valuable it is until you need it," Harvey said. "Hopefully no one does, but if you do, these people are real heroes because they're taking the time to donate blood."

While donors got to experience the

offensive lineman Shawn Lauvao headed to Australia, linebacker Will Compton and tight end Niles Paul flew to Japan and long snapper Nick Sundberg trekked to Singapore. This is the second time Young and Paul have embarked on these kinds of trips, which last about a week and has allowed players to give more than just a handshake to active members. They had the chance to interact with servicemen's children and participated in unique activities around the bases.

For more information on Redskins Salute and other Redskins military initiatives or sign up for the club for free of charge, visit www.redskinssalute.com.



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Keenan Robinson Values Offseason Work To Improve Speed, Strength

Redskins inside linebacker Keenan Robinson says he changes up his workout schedule throughout the offseason, helping him prepare for the grind of an NFL season.

By Stephen Czarda
Redskins.com

On the very first day of training camp in 2013, Keenan Robinson experienced an unfortunate case of déjà vu.

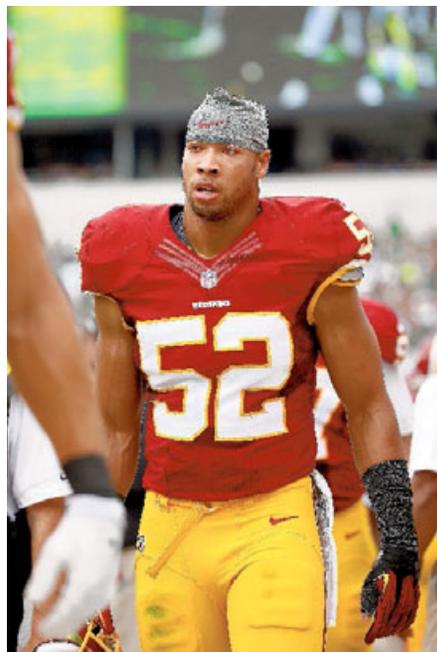
About eight months after his 2012 rookie season was cut short due to a torn right pectoral muscle, Robinson, an inside linebacker, suffered another torn pectoral muscle – this time on his left side.

He wouldn't play a single down with the Redskins in 2013.

Already having gone through the process once before, Robinson knew the road to recovery to get onto the field in 2014 would be a long one.

After undergoing surgery, Robinson was itching to get back into the weight room. But he knew he had to be patient.

"The first thing is to make sure you're healthy and fully healed," Robinson explained. "So I had to make sure that I was fully healed before I started doing heavy hard lifting. Even though it might



Washington Redskins inside linebacker Keenan Robinson looks on from the sidelines during a week three NFL Football game against the Philadelphia Eagles on Sept. 21, 2014 in Philadelphia. The Eagles won the game, 37-34. (AP Photo/G. Newman Lowrance)

set you back a couple months during your offseason workouts, it's better to be all the way healed than trying to push through the little pain and soreness."

Robinson's patience paid off.

He looked stronger than ever in July when he returned the Bon Secours

Washington Redskins Training Center in Richmond, Va., for training camp. And it didn't take long for first-year head coach Jay Gruden to insert Robinson into the starting lineup – a job he wouldn't relinquish throughout the 2014 season.

Gruden said early on that Robinson was "one of the bright spots on the team," and that he could only get better with more time spent on the field.

"He's a guy that's just going to get better and better with the reps that he gets and the game time that he gets," Gruden said. "No substitute for playing experience, and the more he gets, the better he's going to be. He has all the tools, he's got all the smarts and the more comfortable he gets, the more of an impact he will be in the NFL."

Throughout 2014, Robinson – the team's leader in tackles – impressed time and time again with his rare mixture of speed and power. Sure, he could handle himself in the trenches, but also had the quickness to go sideline to sideline in coverage on a running back or wide receiver.

OFFSEASON WORK

Robinson's exploits on the field have proven to be beneficial to the Redskins, but the inside linebacker's work off the gridiron is just as impressive. Robinson, 25, is entering a key offseason after his first full season as a starter, and said he's going to spend at least four to five days a week at the gym, while also being sure to give his body some rest, as well.

"Usually I'll lift for about an hour or two, and then I'll do my cardio work afterwards," he said. "It'll be speed work maybe one day, another day might sprints for conditioning and another day might be gassers and long strides."

Robinson said another key to his offseason work is variation in both daily and weekly workout sessions. "I change it up every day, but I usually try to get a combination of different types of workouts every day and I try to utilize cardiovascular work as well as conditioning," he said. "I also will mix up my speed work with strength and leg development work."

Robinson said he uses the offseason to help train his body to prepare for the rigors of a long NFL season. Playing at a high level through December – or later, if you make the playoffs – is what separates the good players from the great.

Utilizing a solid offseason training program typically means a player won't have to do as much maintenance during the regular season.

"There's a few things that I noticed," Robinson said of his body down the stretch of the 2014 season. "One is just



Dallas Cowboys quarterback Tony Romo (9) is sacked by Washington Redskins inside linebacker Keenan Robinson (52) during the second half of an NFL football game, Monday, Oct. 27, 2014, in Arlington, Texas. Romo suffered an injury during the play. (AP Photo/Tim Sharp)

continue to keep up my strength throughout the season, because a lot of times people get to the season real strong, but as the season goes, because you really don't have that much time to lift as much, you get little nicks here and there that allow you not to work out like you want to. So I have to find a way to get as strong as I can, so by the end of the season I can at least keep most of my strength or be as

strong as I am at this point in the season."

The second key, Robinson said, is to "continue to work on my leg strength and explosion," which helps him take on bone-crushing blocks and make difficult tackles.

And, through it all, Robinson is sure to keep his pectoral muscles in mind, so

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ROBINSON

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so that he can minimize the chance of another season-ending injury.

“For me, that’s my back, shoulders, rotators – everything that helps the chest – because the chest is a big focus area for line-backers and football players,” he said. “Sometimes we neglect the fact that there are smaller muscles that use and support.”

IMPROVING HIS SPEED

Robinson’s speed was on display several times last season, most notably against San Francisco 49ers dual-threat quarter-back Colin Kaepernick and Philadelphia Eagles running back LeSean McCoy.

Tasked with spying Kaepernick and keeping sights on McCoy’s whereabouts, Robinson often kept up with them in foot races that many others would’ve lost. This can be attributed to Robinson’s offseason work.

“In the offseason, I do hills, I do sled work, and I’ll go against wellness guys who are faster than me,” he said. “[Kansas City Chiefs running back] Jamaal Charles works out with me. [Chiefs linebacker] Derrick Johnson. [Carolina Panthers running back] Fozzy Whittaker, I work out with him. All those guys, we work out together.”



New York Giants running back Andre Williams (44) is stopped by Washington Redskins inside linebacker Keenan Robinson (52) during the first half of an NFL Thursday night football game in Landover, Md., Thursday, Sept. 25, 2014. (AP Photo/Patrick Semansky)



Washington Redskins inside linebacker Keenan Robinson (52) during the NFL regular season game against the San Francisco 49ers on Sunday, Nov. 23, 2014 in Santa Clara, Calif. The 49ers won the game 17-13. (AP Photo/Ric Tapia)

During his time at Texas, Robinson said he took on Whittaker in a race. Despite holding a sizable weight advantage over Whittaker, Robinson came out on top. That’s when he knew that not only was he fast, but that he needed to workout with guys that kept him motivated.

“I have videos of me and Fozzy running parachutes side by side and me and him neck and neck,” he said. “That’s the first thing I knew this offseason, was that I was faster than him because I’m keeping up with this guy who plays with speed and I’m keeping up with a track star. So the

workouts I’ve been doing, they obviously paid off.

“I think next year, I’m going to do the same thing because I’ve seen good results.”

KEEPING A HEALTHY DIET

Football players certainly stand out

in public due to their size and physique, but Robinson even stands out in his own locker room.

With a chiseled frame and strong core, Robinson said he wouldn’t be the same player and athlete without a balanced diet.

“I think eating healthy is very important because in the offseason you are what you eat, so you want to fill your body properly in order to get the most out of it,” he said. “So if you fill it with McDonald’s and fast food, then your output is not what you want it to be and your athletic form is not going to be as good as it could’ve been.”

Although he obviously has to consume a high level of protein, Robinson also makes sure to add in fruits and vegetables.

“I focus on putting good things into my body,” he said. “I try to eat a lot of protein, I try to eat a lot of lean meats and I try to eat a lot of fruits and veggies. I need to not only recover, but to grow and repair like it needs to during the offseason.”

Robinson – who calls Texas home during the offseason – said he’ll eat out on occasion, but that he really tries to cook at his house whenever possible. That way he knows exactly what’s going into the preparation of his food.

“I have lots of little places in Austin I can go to that the food made is healthy, gluten free and really healthy for you and wholesome,” he said. “So I’ll eat that throughout the offseason and I’ll see a big increase in my lean body mass and it’s very helpful. But I try to cook on my own. Eating healthy is very important in order to get the most out of you and your body.”

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Niles Paul Makes Successful Transition To Tight End

Niles Paul – originally selected by the Redskins out of Nebraska as a speedy wide receiver – has since bulked up to become a talented tight end, which requires a much more bruising style of attack.



Nebraska's Niles Paul (24) carries the ball past Arkansas State's M.D. Jennings during the first half of an NCAA college football game in Lincoln, Neb., Saturday, Sept. 12, 2009. (AP Photo/Nati Harnik)



Washington Redskins' Niles Paul, right, tries to break past Philadelphia Eagles' Trent Cole (58) during the first half of an NFL football game, Sunday, Sept. 21, 2014, in Philadelphia. (AP Photo/Matt Rourke)

**By Stephen Czarda
Redskins.com**

After his rookie season in 2011, Niles Paul made a transition few can complete, let alone find success with in the NFL – moving from wide receiver to tight end.

Sure, both positions require pass-catching abilities, but unlike the wide receiver position where a majority of the plays are coming against defensive backs with similar body types, tight ends often go against defensive linemen and linebackers that are much larger than them.

The move has paid off for Paul, who set career highs across the board in 2014, accumulating more than 500 receiving yards for the first time, while also scoring his first touchdown since the 2012 season.

But the transition certainly hasn't been easy. He said he bulked up a little too much during the 2013 season, and used the offseason to head into 2014 at a more comfortable playing weight.

"Two years ago I put on a lot of unhealthy weight on and I was like 245 and I didn't like how I felt at that," Paul said. "So, I dropped down and this year and I've maintained being around 236 pounds and my body fat is back to where

it is normally at which is around seven percent."

Paul said that while he still occasionally splurges with his meals – "because sometimes you can never take the sensation away from a quarter pounder with cheese" – he now has a better understanding of how to properly take care of his body and what weight works best for him.

He says team dietician Rob Skinner

and head chef Jon Mathieson have been major influences in this aspect of his daily routine.

"It made a big difference because they make food that's healthy, but also enjoyable to eat," Paul said. "Rob has helped me a lot in terms of being conscious on

what to eat and how it affects my body and what I should put in my body."

While in the weight room, Paul has been focusing on strengthening his lower body so that he can both block better and outmuscle defenders in the middle of the field.

"I did regular bench squats and a lot of hills on the mills which is just incline treadmill and pushing it yourself," he said. "We did a lot of hang cleans and a

which allow him to be a bigger threat in the offense.

"There's a lot more inside routes," he said. "I never played slot or anything like that. I was always an outside X-position receiver. Santana Moss and those guys will tell you themselves, when you move inside it's a different world because you get banged up by everybody."

He added: "A linebacker could hit you, an end could hit you, you get checked and you have to be aware."

Paul said he learned "it's hard to get in and out of your routes coming from a three-point stance."

"So it took some getting used to that," he said. "Because everything seemed a lot quicker, a lot more rushed, instead of having the time to get open."

During the offseason, Paul hopes to sprinkle in a little bit more of cardio into his daily and weekly routines.

"I try to do cardio many different ways," he said. "You'll never be in football shape. That's a shape that only the football field can get you in. It's just maintaining some type of conditioning whether that's going on a jog or sometimes I play basketball, like pickup games. I just try to keep busy and stay active."

lot of power cleans. It was a lot explosive movements. We wanted to be quick. I really tried being explosive and strong at the same time."

Now with three full seasons under his belt at the position, Paul mentally recognizes more nuisances at the position,

"Rob has helped me a lot in terms of being conscious on what to eat and how it affects my body and what I should put in my body."

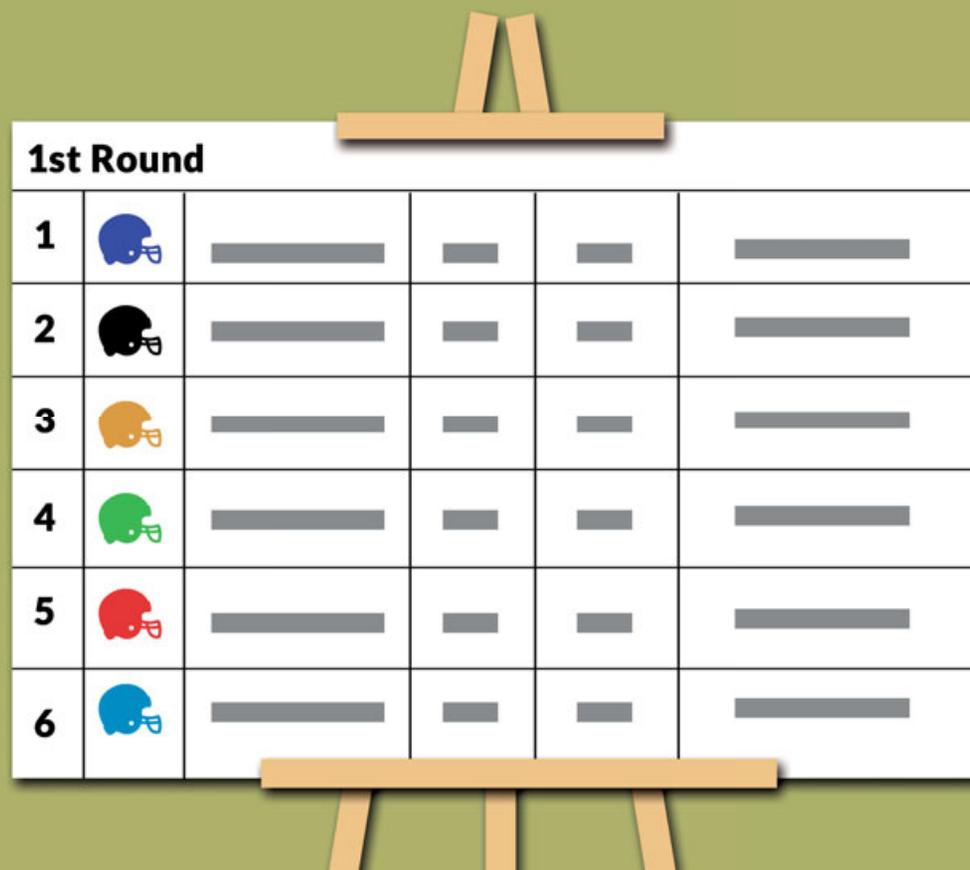
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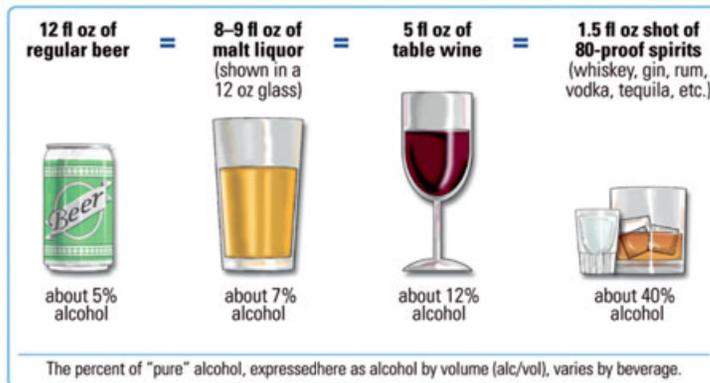
Diageo Reminds All Redskins Fans to Drink Responsibly
US Government Dietary Guidelines for Americans
Alcohol Guideline*

If alcohol is consumed, it should be consumed in moderation - and only by adults of legal drinking age.

The Government Guidelines say:

What is moderate alcohol consumption? Moderate alcohol consumption is defined as up to 1 drink per day for women and up to 2 drinks per day for men.

What counts as a drink?



A standard drink of beer, wine or spirits contains the same amount of alcohol; 0.6 fluid ounces.

What is low-risk drinking?

Low-risk drinking limits	MEN	WOMEN
On any single DAY	No more than 4 drinks on any day	No more than 3 drinks on any day
** AND **		
Per WEEK	No more than 14 drinks per week	No more than 7 drinks per week

To stay low risk, keep within BOTH the single-day AND weekly limits.

These graphics are from: www.rethinkingdrinking.niaaa.nih.gov

What is heavy or high-risk drinking? It is the consumption of more than 3 drinks on any day or more than 7 per week for women and more than 4 drinks on any day or more than 14 per week for men.

What is binge drinking? The consumption within 2 hours of 4 or more drinks for women and 5 or more drinks for men.

The above are excerpts from the US Government 2010 Dietary Guidelines for Americans

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*For more information on responsible drinking see: <http://www.health.gov/dietaryguidelines/2012.asp> or www.rethinkingdrinking.niaaa.nih.gov or www.drinkiq.com.





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