

Want to be strong? Want to be tough?

*Here are some health tips
to help you reach your goal*

- 1) Move more; participate in at least one sport activity.
- 2) Have plenty of water around and drink regularly.
- 3) Floss your teeth daily.
- 4) Keep a positive outlook every day. Laugh!
- 5) Reduce stress; take 1/2 hour each day to read, meditate, do yoga, think pleasant thoughts.
- 6) Eat fruit and vegetables every day
- 7) Avoid unhealthy food (e.g. fast food)
- 8) See your doctor for specific advice regarding your needs.
- 9) **BE PATIENT!**



Now THIS is a healthy guy!

Steroids, Sports, and the Impact of the Media



Prepared by
Carlos Coronado & Adi Hajrovic
Advanced Multimedia Productions
Luther Jackson Middle School

The Impact of the Media

The Media play a big role in how sports figures are perceived. With huge financial contracts on the line, and the fate of professional teams at stake, the players' lives are 'open books'—their every move recorded for the world to see. On both a personal and team level, players feel the pressure to succeed, sometimes at all costs.

Drugs, alcohol and steroids are being used more and more by these players, the consequences are huge, and, thanks to media coverage, we fans are right there in the locker room with the players to witness it all.



“The former Mets clubhouse worker who admitted selling performance-enhancing drugs to major league players testified last week before a federal grand jury investigating steroids.” News Services

“Baseball Commissioner Bud Selig, and Union Chief Don Fehr need help. They clearly cannot combat the use of steroids by baseball sports figures on their own. The magnitude of the problem in the world of professional sports is great (yes, NFL, that means you, too)! It's time for Selig and Fehr to wave the white flag of surrender and allow a big time, independent group—with knowledge of the international complexities of the issue—to take over the full-time job of MLB drug testing.”

Health Consequences with Steroid Use

- Stops bone growth in adolescents
- Damages the liver
- Causes skin acne
- Causes infection from the use of non-sterile injection paraphernalia
- Raises blood pressure
- Provokes heart attacks
- Causes tumors and liver cancer
- Heightens rage and aggressive behavior
- Leads to delusional behavior

Sports Figures Who Have Been Caught Using Steroids

BARRY BONDS— *Baseball*

Busted for: steroids
Consequences: The MLB is currently deciding his punishment (as of May 2007).



JUSTIN GATLIN, *Track & Field*

Busted for: Testosterone in 2006

Excuse: The 100-meter co-record holder unwittingly received a testosterone spiked rubdown from a vindictive masseuse



Outcome: Eight year ban

PETR KORDA, *Tennis*

Busted for: Nandrolone in 1998

Excuse: He ingested it accidentally while dining on steroid-fed veal.

Outcome: One-year ban; testing found that he would have needed to wolf down 40 calves a day for 20 years to account for the levels discovered in his system.

