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HEALTH & WELLNESS



Talking with Tramine

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September 4th 2019: Fitness Training for Pro Athletes

Are you ready for some football? Yes, it is that time of year again, tailgates, chicken wings, nachos and most of all trash talking. With pre-season ending and the season starting tomorrow, have you ever thought about what it takes to be a pro athlete? I mean what it really takes. The time spent practicing, working out, nutrition and time away from your family. It may be a lot to take in. Today, we speak with NFL veteran Marques Douglas, who shares with us his experience as a professional athlete. If you watch football, you really do not want to miss this show.

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Featured Guest



Marques Douglas

Originally from Greensboro, NC, Marques Douglas was just as smart on the field as he was off the field. He is an alumnus of Howard University in Washington DC, where his game was taken from raw talent to NFL caliber.

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