

The Game Changers

Produced/Narrated by James Wilks (Dir. Louie Psihoyos)

Name: _____

What arguments does the film make about the following issues and people:

Roman Gladiators—

Protein, Carbohydrates, and Athletic performance/endurance: Morgan Mitchell→Scott Jurek→Carl Lewis, among others—

Strength: Kendrick Farris→ Patrik Baboumian—

Miami Dolphins Player Plasma results—

Anti-oxidants in plant-based diets—

Recovery and plant-based diets-- Dotsie Bausch Cyclist—

Inflammation, Blood Flow and Heme Iron—

NYC Fire-Fighters: 7-Day Rescue Challenge—

Aging and strength: Lucius Smit (60 years old) Strength coach and Arnold Schwarzenegger (69 years old)—

Cancer causation and meat—

Anthropological findings about humans and foods—

Marketing and Advertising of Meat—

Meat and Collegiate Athletes—

Hormones-Testosterone—

Marketing of Tobacco and its connections to meat—

Exponent Research Corporation—

Livestock and Habitat Destruction (Deforestation) + Water use—