

**Suggested TV, Radio, & Article Topics**  
for  
**Jeff Rutstein**

- The 5 Biggest Danger Signs Of Unhealthy Exercise
- How Abusing Steroids Changed My Life
- Top 5 Mental Benefits of Healthy Exercise
- The Facts Every Parent Should Know About Athletic Peer Pressure
- How Proper Exercise Can Affects Your Mood, Sleeping Pattern, and Tension Level
- 10 Ways To Get & Stay Fit
- The 10 Worst Foods For Your Mood
- How To Combat The Use Of Steroids Among High School Athletes
- 7 Ways To Get Your Kids To Be More Active
- Six Common Exercise Pitfalls To Avoid
- How To Properly Set Goals and Stick To Them
- Common Exercise Traps...And How To Avoid Them