



# 17 JOSH ALLEN

OFFENSE • QUARTERBACK



American  
Heart  
Association.



Independent  
Health.  
FOUNDATION



## 17 | JOSH ALLEN

HEIGHT: 6'5"

WEIGHT: 237 LBS

EXPERIENCE: 4 YEARS

COLLEGE: WYOMING

FAVORITE ATHLETE GROWING UP:  
TIGER WOODS

FAVORITE SPORT AS A KID:  
FOOTBALL

FAVORITE HEALTHY SNACK:  
NUTS



JOSH'S FITNESS FOR KIDS TIP  
**ALWAYS GET A  
GOOD NIGHT'S SLEEP**