



40 VON MILLER

DEFENSE x LINEBACKER



American
Heart
Association.



PLAY:60

Independent
Health
FOUNDATION

Celebrating 20 Years

A blue-tinted portrait of Von Miller, a man with glasses and a beard, smiling. The background of the entire page features a blue and white zigzag pattern.

40 VON MILLER

HEIGHT: 6'3"

WEIGHT: 250 LBS

EXPERIENCE: 12 YEARS

COLLEGE: TEXAS A&M

FAVORITE ATHLETE GROWING UP:
DEMARCUS WARE &
DIRK NOWITZKI

FAVORITE HEALTHY SNACK:
WASABI AND SOY ALMONDS



VON'S FITNESS FOR KIDS TIP
**MAKE SURE TO KEEP
A POSITIVE ATTITUDE
AT ALL TIMES!**