



# 7 TARON JOHNSON

DEFENSE x CORNERBACK



American  
Heart  
Association.



PLAY:60

Independent  
Health  
FOUNDATION

Celebrating 20 Years

A blue-tinted portrait of Taron Johnson, a smiling man with short curly hair and a goatee, wearing a striped shirt. The background of the entire page features a blue and white chevron pattern.

# 7 TARON JOHNSON

HEIGHT: **5'11"**

WEIGHT: **192 LBS**

EXPERIENCE: **5 YEARS**

COLLEGE: **WEBER STATE**

FAVORITE ATHLETE GROWING UP:  
**DWYANE WADE**

FAVORITE HEALTHY SNACK:  
**PLUMS**

## TARON'S FITNESS FOR KIDS TIP

**PICK YOUR FAVORITE TIME TO WORK  
OUT EACH DAY IN ADVANCE (BEFORE  
SCHOOL, AFTER SCHOOL OR BEFORE BED)  
AND STICK TO YOUR PLAN!**

