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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Football - Social Sport Of The Us?**

**By Gabriel Adams**

Are you getting bored and yearning for some human company in your house? Well, all that you

have to do is switch on the TV and invite your neighbor. Done. Just see how the atmosphere in the house is charged with electricity with all the screaming and shouting that is bound to happen! Just watching National Football League and United States Football League tackling the football is sure to raise the adrenalin.

Football is a game you can enjoy the most when you are in the company of others. It is not meant for lonely hearts. The heart throbbing of that winning goal, the nail biting dodging of the ball, the cursing and swearing that goes with the game is not for the weak hearted. If you happen to suffer from hypertension, trust me this game is not for you.

Don't you think that it is only the guys that are going nuts over it. The pointed oval ball with large stitches along one side is the craze of America since the 60s. Even the girls are driving the nation mad with their antics. It is surprising if you consider the fact that football practice is tough and is vigorous too. No, longer are the girls demure or lady like. Those days are long gone!

It is nice to see that football is one game which can effectively wean the child away from the computer games and mindless television viewing. Children actually want to play football nowadays and the clubs at school and college provide them a platform for it. They promote the game by spreading word about its benefits on your family, friendship, fun and fitness. It relaxes the mind and releases specific hormones in your body which help you to relax after a game. The psychological effects are deep.

It is an easy and affordable game. The rewards are there, and on field relationships extend beyond the field and lifelong bonds are formed. All this can never be achieved if you remain glued to your computer games or the idiot box.

So all you video freaks. Just jump out of your chair, collect few people from the neighborhood, even your 60 + granddad will do if he can run about, and go to the neighborhood park. Just see how recharged and lively you feel after a kicking, screaming hitting and shouting session with the ball. Your mom may scream at you but don't worry she will come around soon enough when she will see the

changes in you.

It is not for nothing that the Super Bowl Sunday has become the unofficial national holiday in the USA!

Play Fantasy Football All Year Long:

<http://www.allyearfootball.com>

## **Football Q&A: Little Known Pro Football Facts**

**By Hadyn Falk**

\* First of all, from where did the name `football' originate?

Based on its history, it was the Greeks who had first played the football called harpaston. In the United States, it was called foot ball. A blown-up bladder was used in Virginia in the year 1609.

Football in Europe is actually soccer, the sport from which American football evolved.

Football got its name because originally the hands could not be used in the sport. Only the feet were allowed. Then rugby football came into action wherein the hands were allowed to be used. American football had been widely influenced by these sports and is now known throughout the world.

\* Who was the highest paid football player in the NFL?

Steve Young was the NFL's highest paid player, just ahead of Brett Favre on his seven year contract. Young had only a six year contract deal worth 45 million dollars for six years of playing. Young had traded a salary cap room for the right to say that he was the highest salary paid in the League.

\* What is the average height and weight of an NFL Football player?

On the event of the NFL Kickoff Roster, in 2003, there were 321 players weighing in at a minimum of 300 pounds and 6'3" in height. Different positions require a different height and weight. But most of the players are required to be at least 6'1" in height and can weigh about 245 lbs.

\* What is the average salary of an NFL football player?

Based on the NFL Stats, the average earnings of the highest playing NFL team is reaching up to \$895,716 (Pittsburg Steelers) and the lowest salary team is San Diego (Chargers) at an average of only \$453, 800. Aside from that the football players also have a signing bonus every time they sign a contract and an allowance per game season. So, all in all, the average salary of an NFL football player ranges from \$650,000 to \$700,000.

\* Where can you find the official rules and regulations of Pro Football?

## Football – Social Sport Of The Us?

The National Football League has the official rules and regulations of Pro Football. NFL set of rules consist of Official's Jurisdiction, positions and its duties. Football's officials are the umpire, the referee, head linesman, line judge, field judge, side judge, and back judge.

NFL has the definitions of the game, Summary and Penalties, field end zone and the official markings to avoid confusion in terms of goal lines, sidelines, and end lines.

Other sets of rules like fumble, double foul, unfair acts, kicking from scrimmage and intentional grounding of forward pass are also imposed by the NFL. Official Rules and Regulations of NFL are followed by the players in the whole game season.

Many websites dedicated to the NFL have the official rules and regulations of Pro Football that can be downloaded or viewed for free. There are also books that can be purchased locally with the official rules and regulations.

Hadyn Falk is a regular contributor to football– and sports–related websites such as

<http://www.Football–HQ.com>



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