

Performance-Enhancing Drugs



3 Key Takeaways

— 1 —

Athletes who cheat often rob themselves and others of an authentic victory.



— 2 —

Have the courage to compete clean without performance-enhancing drugs.



— 3 —

PEDs are proven to have serious healthy risks.



The Basics

- Athletes often have misconceptions that the benefit of PEDs will outweigh the negative effects and are misinformed about the actual ingredients and their sources.
- Any substance that is prohibited to enhance one's performance should typically be avoided, as the benefits are not worth the risks.
- PEDs can appear in the form of steroids, diuretics (such as weight loss pills), marijuana, simulants (like some cold medicines), ADD or ADHD medicine, or asthma inhalers.
- A clean athlete's 'moment' in the spotlight is stolen by competitors who are later exposed for using PEDs.

Performance-Enhancing Drugs: Ambassador Story

Bobsledder Steve Mesler, Olympic gold medalist in the 2010 Olympic Winter games in Vancouver, Canada, wondered whether or not he was going to need to take a shortcut with performance-enhancing drugs in order to succeed at the sport. When it came time to make a decision, Steve was mindful that his decisions could impact others, and he placed a lot of emphasis on his personal values.

Steve looked at both sides of the dilemma - whether to take PEDs or not. When he contemplated the positive side of taking PEDs, he thought it would maybe offer some kind of physical advantage in the short term. Then when considering the negative consequences, he realized that taking performance-enhancing drugs would make him weaker in the longer term and would be harmful to his health. He also took into consideration the embarrassment of getting caught and how it would tarnish his reputation.

When Steve considered the negative side of not taking PEDs, he understood that it meant he would have to work harder to gain strength. Yet, he knew that the extra work would benefit him in the long run because it takes longer for strength to decrease when naturally gained. In the end, Steve chose to compete clean, and although it meant he would need to work harder, he would be able to live with his decision.



Winning the clean way was more important than winning at all costs. According to Steve, learning to make good decisions was the key factor to him "USA-1 Night Train" four-man bobsled team winning the Olympic gold medal - the first for the U.S. in more than 62 years. TrueSport athletes compete clean, work hard, and avoid taking performance-enhancing drugs.

AMBASSADOR STORY QUESTIONS

1. *What were the main points you took away from the ambassador story?*
2. *As athletes move up the ranks, why do you think they might struggle with the decision around using PEDs?*
3. *How can you implement what you learned about performance-enhancing drugs in your life?*