

# 97 REASONS TO LOVE DARWIN WALKER

By Carmen Elizabeth Greger



- DW:
1. He plays for the Philadelphia Eagles
  2. Says the best thing about football is the QB sack
  3. Thinks the best part of playing for the Birds is....  
THE FANS !!!!!
  4. Shows fan-appreciation by dedicating the season's sacks to them
  5. Is self-described as 'ENGINEERED TO SACK'
  6. Is extremely fit
  7. Benches a ton...well, almost!
  8. Is 6' 3"
  9. Has biceps bigger than most men's thighs
  10. IS 'ENGINEERED TO SACK'
  11. Is the co-founder of an engineering company called 'Progressive'
  12. Is the VP and Chief Development Officer of another (Pennoni)
  13. Is the Founder/Owner of yet another (Darwin Walker Properties, LLC)
  14. Has a gorgeous 'GQ- style' smile
  15. IS 'ENGINEERED TO SACK'
  16. Wants to own the Arizona Cardinals one day
  17. He's the Defensive Tackle...  
AND HE LOVES TO TACKLE!
  18. Graduated from the University of Tennessee's College of Engineering
  19. Is a very well respected engineer
  20. IS 'ENGINEERED TO SACK'
  21. Weighs 294 Pounds
  22. Is a Gemini
  23. Says it's absolutely hopeless for Reid to try to look good in spandex
  24. Keeps his field strategy top secret
  25. IS 'ENGINEERED TO SACK'
  26. Is Loyal
  27. Is Dedicated
  28. Is Intelligent
  29. Had the dream of playing in the SuperBowl since he was just 5 years old
  30. IS 'ENGINEERED TO SACK'
  31. Doesn't play fantasy football
  32. Is very close with his family
  33. Eats Amazin' Fruit Gummy Bears
  34. Is very disciplined with his fitness routine
  35. IS 'ENGINEERED TO SACK'
  36. Wants to start & own a brand new LA Team one day
  37. Says his wife, Danielle, a Wharton MBA-er is 'one smart cookie'
  38. Says Danielle is generously blessed with both brains and beauty
  39. Has a 'to-do' list posted on his website forecasting his seasonal sack
  40. IS 'ENGINEERED TO SACK'
  41. Is psyched (And engineered) to sack the Falcons' QB MICHAEL VICK SEPTEMBER 12TH
  42. & the 49ERS' QB ALEX SMITH ON SEPTEMBER 18TH
  43. & the RAIDERS' QB KERRY COLLINS ON SEPTEMBER 25TH
  44. & the CHEIFS' QB TRENT GREEN ON OCTOBER 2
  45. & the COWBOYS' QB DREW BLEDSOE ON OCTOBER 9 & NOVEMBER 14
  46. & the CHARGERS' QB DREW BREES ON OCTOBER 23
  47. & the BRONCOS' QB JAKE PLUMMER ON OCTOBER 30
  48. & the REDSKINS' QB PATRICK RAMSEY ON NOVEMBER 6 & JANUARY 1
  49. & the GIANTS' QB ELI MANNING ON NOVEMBER 20 & DECEMBER 11
  50. & the PACKERS' QB BRETT FAVRE ON NOVEMBER 27
  51. & the SEAHAWKS' QB MATT HASSELBACK ON DECEMBER 5
  52. & the RAMS' QB MARC BULGER ON DECEMBER 18
  53. & the CARDINALS' QB KURT WARNER ON DECEMBER 24
  54. Has a contract with the Birds through the 2008 Season
  55. IS ENGINEERED TO SACK
  56. Founded the Darwin Walker Charity
  57. Hosts Community Cookouts

58. Learned by great example from his Parents VERA & JAMES who own Walker Construction Company
59. Enjoys playing a good game of basketball
60. IS ENGINEERED TO SACK
61. Gets a kick out of watching golf
62. Takes his responsibility of a role model for kids very seriously
63. Encourages student-athletes to take their education seriously
64. Says that the ONLY option is for the Birds to win the Bowl this year!
65. IS ENGINEERED TO SACK
66. Lives in Jersey
67. Is part owner of a beach hotel in North Wildwood
68. Wouldn't like it too much if the team's beautiful Cheerleaders were replaced by men
69. Vacations at the Jersey Shore
70. IS ENGINEERED TO SACK
71. Would chose to have dinner with Sam Walton above anyone else
72. Appreciates the concept and process of self-created success
73. Is already a huge 'success' in so many ways at the age of 27
74. Has his own self-titled website: DARWIN WALKER.COM & fans can really communicate with him
75. IS ENGINEERED TO SACK
76. Is both Multi-Faceted and Grounded
77. Looks great in green
78. Is a very good sport
79. Autographs pictures and paraphernalia to sell on his website 'shop' to benefit his Foundation.
80. IS ENGINEERED TO SACK
81. Was a shot-put and discus titleist
82. Is humble
83. Studied Latin in High School
84. Was named 'Best Player you Probably don't Know About' in 2002
85. IS ENGINEERED TO SACK
86. Has a brother named JAMES who was a safety at NC State
87. Has a sister named Morgan who got a full scholarship to USC Medical School
88. Intends on making a very positive impact on the world
89. Believes strongly that TEAMWORK is VITAL to success on and off the field
90. IS ENGINEERED TO SACK
91. Makes a conscious effort to Lead by example
92. Gets the most out of life
93. Gives back to the community
94. Works hard
95. Plays hard
96. IS ENGINEERED TO SACK
97. IS NUMBER 97



Carmen Elizabeth Greger is the owner of both KARMA CULTURE based in Philadelphia, PA and YOGA AVALON in Avalon, NJ. She is a Wellness Journalist, a Yoga instructor and a Holistic Health Practitioner, as well as a certified Personal Trainer and Sports Nutritionist. She hosts Lectures, Workshops and Master Classes in the US and internationally. She has studied extensively with Yogi Masters David Swenson, Seane Corn, Jonny Kest, Baron Baptiste, David Life, Sharon Gannon, Beryl Bender Birch, Rodney Yee, Gurmukh Khur Khalsa and Bryan Kest. Carmen is currently working on completing her first Creative Non-Fiction Novel as well as her Masters in Creative Writing and Transpersonal Psychology. She and her husband Stephen recently gave birth to a beautiful baby boy named Remy