

# Former NFL Player: 5 Solid Reasons Christians Should Care More About Their Health

Former NFL star Eddie Williams says Americans are blind to one of their biggest problems: terrible health.

"This is an epidemic," Williams says. "Our friends and family are dying around us and our response has largely been, 'We can't really know why this is happening.'"

But Williams says that Christians are called to a higher standard. He offers five reasons believers should care more about their health.

Watch the video to find out what those reasons are.