

PEOPLE FOR
THE ETHICAL
TREATMENT
OF ANIMALS

19 October 2020

Dear Jack,

Greetings from PETA! We were excited to hear that your debut boxing match will take place next month, and we have a winning suggestion to help you get ready for the fight: *knock out* meat, eggs, and dairy.

Elite athletes all over the world in every sport are eating vegan to get a competitive edge. Heavyweight boxers David Haye and Anthony Joshua champion a plant-based diet for its ability to boost their performance – and they're not alone. Tennis greats Venus and Serena Williams, NFL stars Cam Newton and Tom Brady, and football legends Lionel Messi and Héctor Bellerín are just a few of the sports stars who eat vegan either year-round or during training in order to give their all.

Eating plant-based foods has been shown to improve blood and oxygen flow, helping to repair torn muscles and tendons for faster recovery from training and injuries. It also helps improve stamina – which, as you know, is key for anyone entering the boxing ring. And eating vegan will not only benefit your health in the short term but also reduce your risk of developing heart disease, diabetes, and cancer.

In addition to keeping you light on your feet, giving meat, dairy, and eggs the boot would also lighten your conscience. Animals killed for food aren't given a fighting chance, and by going vegan, you'd be sparing the lives of nearly 200 animals each year.

With vegan meals, you have nothing to lose – and everything to gain. We hope you'll embrace this idea and set a positive example for your followers. We're here to help.

Kind regards,

Iona Kirby

PO Box 70315
London N1P 2RG
United Kingdom
+44 (0) 20 7837 6327
+44 (0) 20 7923 6242 (fax)

Info@peta.org.uk

PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS (PETA)
FOUNDATION – a charitable
company limited by guarantee,
with its registered office at
Cannon Place, 78 Cannon Street,
London EC4N 6AF.
Registered in England and Wales
as charity number 1056453,
company number 3135903.

Affiliates

- PETA US
- PETA Asia
- PETA India
- PETA France
- PETA Australia
- PETA Germany
- PETA Netherlands