AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Damion Johnson

Former athlete based in Temple, Texas, United States

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ABOUT DAMION

Damion is a former athlete based in Temple, Texas, United States with a background in running / jogging, fitness / gym, hiking, swimming, basketball, baseball, football, softball, track & field, and walking / power walking. He is open to exploring new brand partnerships, sponsorships, and endorsement opportunities.

ATHLETE PROFILE

Name	**Damion Johnson**
Location	**Temple, Texas, United States**
Athlete Status	**Former Athlete**
Sports / Activities	**Running / Jogging • Fitness / Gym • Hiking • Swimming • Basketball • Baseball • Football • Softball • Track & Field • Walking / Power Walking**
Available for Opportunities	**Yes**

At 52 years old, Damion Johnson is a lifelong athlete whose passion for sports, fitness, and healthy living has remained a constant throughout his life. His athletic journey began on the football field, where he played wide receiver for the Temple Wildcats, helping his high school team capture the Texas State Championship in 1992. After graduating from Temple High School in 1993, Damion continued his football career at the University of Houston, competing from 1993 to 1996 and leading Conference USA in receiving during his final season. His talent and dedication earned him a free-agent tryout with the San Diego Chargers in 1997. Damion continued pursuing his passion for football at the semi-professional level, winning a championship with the Austin Texas Rattlers in 2000, adding another memorable accomplishment to his athletic career.

Today, Damion works as a truck driver, returning home daily while maintaining his commitment to fitness and an active lifestyle. Although his competitive football days are behind him, his love for athletics has never faded. He enjoys virtually every sport and welcomes any activity that allows him to challenge himself physically. Having been an athlete his entire life, Damion recognizes the importance of regular exercise, proper nutrition, and maintaining the discipline that helped him succeed throughout his football career. For him, working out is no longer about preparing for the next game — it's about maintaining his strength, staying active, and preserving his overall quality of life.

What motivates Damion most is his desire to remain physically capable, independent, and able to take care of himself throughout his lifetime. He believes that investing in his health today is one of the most important things he can do for his future. From winning championships on the football field to embracing the everyday challenges of staying fit in his 50s, Damion continues to carry the mindset of an athlete into everything he does. His journey is a reminder that athleticism doesn't have to end when competitive sports do. Through consistency, discipline, and a commitment to healthy living, Damion demonstrates that being an athlete is not simply a chapter in life — it's a lifelong identity.

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