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## **ICA Symposium and Schwarzenegger Bodybuilding Classic Promote Natural Fitness**

By Editorial Staff

Chiropractic and bodybuilding were brought together March 5-7, when the International Chiropractors Association (ICA) sponsored a symposium on natural fitness in conjunction with the 1993 Arnold Schwarzenegger Bodybuilding Classic in Columbus, Ohio.

The Arnold Schwarzenegger Classic is an annual bodybuilding competition sanctioned by the International Federation of Bodybuilders (IFBB). The ICA Symposium on Natural Fitness featured clinical lectures on chiropractic and exercise physiology from such fitness leaders as IFBB President Dr. Ben Weider, Tom Deters, DC, editor of *Muscle and Fitness* magazine, and bodybuilding champion Franco Columbu, DC.

There were also presentations on bodybuilding and chiropractic by Dr. Jack Barnathan, who serves as chairman of the ICA's Fitness and Sports Health Science committee; Jeffrey Lander, PhD, well-known exercise author and assistant professor at Life College; and sports chiropractor Dr. Gerald R. Mattia of Verona, New Jersey. The educational portion of the program was sponsored by Life College.

Mr. Schwarzenegger gave an address on the relationship between fitness and health, and the need to educate the world about natural fitness. He offered glowing praise for chiropractic care in bodybuilding: "Two forces have joined together here today which are forces I believe in very strongly, these are bodybuilding with the Arnold Classic and the International Chiropractors Association. Finally after all these years, we have merged together. Bodybuilders and fitness people have been using very extensively chiropractors in order to stay healthy and fit. Whenever I had a little problem with my body, I always ran to one of my dear friends, Dr. Franco Columbu, who was always very kind, even though he was one of my competitors throughout my bodybuilding career -- one of my toughest competitors. But every time that I had a problem with an elbow injury, shoulder injury, or back injury, he was always right there with the adjustments. This is the way I found out the best way of going is to use chiropractors, not only after injuries, but also before injury."

The ICA honored Drs. Weider, Deters, and Columbu for their contributions within the field of fitness. Dr. Weider was recognized for his "unparalleled contribution to the sport of bodybuilding and the fitness community," and for his efforts to make bodybuilding an Olympic event. Dr. Deters received a Distinguished Service Award and an ICA Lifetime Membership, one of only three such memberships issued in the 69-year history of the association. Dr. Columbu was awarded for his "distinguished service to the sport of bodybuilding and the chiropractic profession." Closing the list of honorees was Steve Brisbois of Orlando, Florida, a well-known competitive bodybuilder and former Mr. Olympia, who was named "Mr. Natural Fitness" by the ICA.

The ICA hopes to make its Fitness Symposium an annual event in conjunction with the Schwarzenegger Classic.



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