



Dynamic Chiropractic – April 8, 2002, Vol. 20, Issue 08

ICA's 10th Symposium on Natural Fitness

Schwarzenegger Continues to Champion Chiropractic

By Editorial Staff

Columbus, Ohio, was home again for the ICA's Symposium on Natural Fitness, February 22-24, 2002. The event, a mixture of fitness superstars and sports technology, was presented by the ICA and its Council on Fitness and Sports Health Science, featuring famed bodybuilder and actor Arnold Schwarzenegger, speakers on the "cutting edge" of chiropractic, appearances by fitness personalities and awards ceremonies.

Among those appearing at the symposium were Cleveland College graduate Franco Columbu, former bodybuilding champ and decades-long friend to Mr. Schwarzenegger; Lee Haney, former Mr. Universe and eight-time holder of the Mr. Olympia belt, and chairman of the President's Council on Physical Fitness; and Denise Paglia, fitness instructor and cover girl.

Ms. Paglia, host of television's "Fitness Beach," stressed the importance of chiropractic to athletes: "Chiropractic is about health and fitness ... natural, preventive health care ... and I have experienced this for the last 30 years myself on my own body. Whenever I have a problem - or even if I don't have a problem - and I go to a chiropractor, my problems are gone for a long time."

Guest speaker Pete Gratale, a television fitness trainer ("Bodyshaping"), cohosted a seminar ("Spinal Health and Safety Advances in Athletic Training") with Mr. Haney. Also speaking were *Muscle and Fitness* magazine Editor-in-Chief Thomas Deters,DC ("Performance Enhancement"); Richard Gennaro,DC ("The Spine in Motion"); Nick Athens,DC ("Coordinating Chiropractic Care for the Elite Athlete"); and Joel Miller,DC ("Chiropractic Care for the Martial Arts").

ICA Fitness Council President Dr. Gerald Mattia gave his perspective on the symposium: "By sharing the meaning of health through fitness as part of a healthy chiropractic lifestyle, we can educate the general public on the power of our unique chiropractic science and on the vital relationship between fitness and

health. This is what the symposium is all about."

Arnold Schwarzenegger has reaped the benefits of chiropractic treatment for many years, and gives credit to the care he received from DC Franco Columbu for helping him continue competition when he would have not been able to do so otherwise.

Editor's note: In the next issue, Dave Ryan, DC, the director of the health care team for the Arnold Expo/Classic, gives his report on the event, replete with photos.



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