

FITNESS SYMPOSIUM

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Thank you for all of your great work. Thank you very much."

As the ICA observed its 15th Anniversary of the Symposium on Natural Fitness, Governor Schwarzenegger noted, "It is really great to have this great working relationship. And let me just say to all of you, it's great to have you back here again. How many years have we been doing this? Fifteen years! So this is really extraordinary, and it's getting bigger and bigger. It's really growing fast and the Arnold's Classic weekend is growing fast and this has been really a perfect relationship."

The ICA Natural Fitness Symposium focuses on the close relationship between fitness and health, and brings together the sport of bodybuilding and chiropractic science to educate all participants on the value of natural health through exercise. Through clinical presentations and lectures combined with practical demonstrations, the Symposium provides the latest information available on the development of optimum performance in sports and injury prevention in the context of chiropractic care.

This year's anniversary event included, in addition to Arnold Schwarzenegger himself, Cincinnati Reds 12 time All-Star Mr. Barry Larkin. Universally acknowledged as one of the greatest shortstops of all times, Barry Larkin posted one of the most impressive records in the history of the game, and was the National League's Most Valuable Player in 1995. Mr. Larkin won *Gold Glove Awards* from 1994-96, and became the first major league shortstop to join the *30-30 club* when he had 33 home runs and 36 stolen bases in 1996. A committed chiropractic patient, Mr. Larkin told the crowd about his powerful, career sustaining experience with chiropractic and the need to extend access to chiropractic care to all athletes, in all sports.

ICA was also honored to host other celebrity athletes, bodybuilding pioneer and champion, Mr. Reg Park and NFL Dallas Cowboys linebacker Mr. Darryl Lee. The faculty on the 2007 continuing education program, co-sponsored by Life Chiropractic College West, featured distinguished presenters dedicated to exercise and athletic training in the context of chiropractic care. The series of dynamic presentations including sports case scenarios and how to demonstrations that have made the Symposium such a powerful educational event each year, were offered by Dr. Tom Deters, Dr. James Chestnut, Dr. Ken Kinakin, Dr. Pete Gratale, Dr. Solomon Cogan, and Dr. Jack Barnathan.

Body building champion Reg Park honored

Mr. Reg Park, renowned for his accomplishments and admired for his skill as a mentor as well as for his decades-long career as a competitive athlete, was recognized at the ICA Symposium on Natural Fitness with a special Crystal Accomplishment Award. Mr. Park is acknowledged both for his athletic accomplishments and for his longtime commitment to service as a mentor to others.

Reg Park is a three-time Mr. Universe champion and the second man in the world to bench-press 500 pounds. He is recognized as the man that Arnold Schwarzenegger and countless other

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Reg Park, a legend in body building, received a standing ovation when presented with the Crystal Award. In presenting the award, Governor Schwarzenegger told the attendees how Parks had served as his mentor and inspiration when he was a teenager.



Barry Larkin helps to raise funds for the Schwarzenegger Chiropractic Scholarship by signing baseballs.



Adam Rodnick (center) from Life University is presented with the first Schwarzenegger Chiropractic Scholarship.



Dallas Cowboy's linebacker Darryl Lee, another honored guest.



Dr. Jack Barnathan explains about exercise and strength conditioning with the assistance of several personal fitness trainers.



Dr. Tom Deters (left) answers a doctor's questions after his session on safe and effective nutrition.



Dr. Ken Kinakin demonstrates on a volunteer doctor in his session on "Impact Injury and External Stressors to the Spine."