

# Legendary Coach Dick Hartzell and Baseball Superstar Barry Larkin Join ICA Fitness Symposium Line-Up

The upcoming 16th ICA Symposium on Natural Fitness, to be held in Columbus, Ohio, February 29 - March 1, 2008, just got more exciting with the addition of two outstanding celebrities to the program. Coach Dick Hartzell, known worldwide as the "Rubberband Man" has joined the 2008 ICA program. An accomplished and impressive athlete himself, Coach Hartzell held numerous place-kicking records at his alma mater Youngstown State University that remained intact from the early 1960's to the mid 1990's. Since 1964 he has coached athletes on the high school, college and professional levels. He is a strength consultant for all Youngstown State University athletic programs, including the 4-time Div. 1 AA National Championship football team.



A unique and insightful innovator, Coach Hartzell has pioneered innovative ways of training athletes of all ages. He uses the bands to help athletes improve their speed, flexibility, foot quickness, vertical jump and coordination. A front-runner in the area of therapeutic exercise, Hartzell is able to reduce "downtime" from sprains and strains from weeks and months to literally days or hours.

"With more than 20 years in the rubber band strength-training arena, no one knows more about band training than the "Rubberband Man" himself," said ICA Fitness Council President Dr. Gerald R. Mattia. "We are thrilled that he will be joining the ICA program and I know that he will make a unique and invaluable addition to what doctors of chiropractic will learn in Columbus. The spine-friendly dimensions of the kind of training Coach Hartzell has developed is of special significance to doctors of chiropractic as they work to manage patients of all ages through a wide range of injuries and situations where exercise is vital to recovery, or to maximum per-

sonal performance," added Dr. Mattia. Back by popular demand is Barry Larkin, 12-time All Star and 19-year veteran of the Cincinnati Reds. Universally acknowledged as one of the greatest shortstops of all times, Barry Larkin has 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.

In his 18-year career with Cincinnati, Larkin batted for a .295 batting average, with 198 home runs, 960 runs batted in, 1,329 runs scored, and 379 stolen bases.

Now, doctors of chiropractic who attend the annual ICA Fitness extravaganza will have a rare opportunity to hear Barry Larkin talk about his training and performance secrets, his experience as a chiropractic patient and his insights on optimal health care for the active patient, whether a weekend-warrior or an elite athlete.

The gala 16th Anniversary ICA Symposium program includes other powerful speakers including Dr. Dr. Pete Gratale, Dr. Bob Goldman, Dr. Richard Gennaro, Dr. Jack Barnathan, Dr. Gerry Mattia, Dr. John Maltby and Dr. George Gedevarishvili.

Your registration to the Annual Symposium on Natural Fitness combines continuing education with the extraordinary Arnold Fitness Expo and Sports Festival, a weekend full of champion athletes and world-class competitions — plus a personal presentation at the Symposium by Arnold Schwarzenegger, Governor of California!

For more information on ICA's 16th Annual Symposium on Natural Fitness or to register, visit ICA's website at [www.chiropractic.org](http://www.chiropractic.org) or call ICA at 1-800-423-4690 or 703-528-5000.

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Presented by James L. Chestnut, B.Ed., MSc., D.C., C.C.W.P. & Richard A. Baxter, B. Eng., D.C.



James L. Chestnut



Richard A. Baxter

# The Wonders of Wellness...



### Schedule

#### DALLAS

Module\*

**Feb. 23-24 '08 1**  
**Apr. 5-6 '08 2**  
**June 28-29 '08 3**  
**Oct. 4-5 '08 4**

#### PORTLAND

Module\*

**Mar. 8-9 '08 1**  
**May 31-June 1 '08 2**  
**Sep. 13-14 '08 3**  
**Oct. 18-19 '08 4**

#### PHILADELPHIA

Module\*

**May 17-18 '08 1**  
**July 12-13 '08 2**  
**Aug. 23-24 '08 3**  
**Nov. 1-2 '08 4**

*How Chiropractic's Natural Roots in Wellness Spark New Appeal in Today's Patients.*

#### WELLNESS... a Celebration of Vitality

Wellness... Great meaning that word connotes — rich... profound...sublime, yet simple and, above all, real, and available through chiropractic. This program brings you insight into the evidence-based science of wellness, research and ethical aspects of serving your patients.

#### WELLNESS... a Celebration of Wholeness

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Successfully complete an eight-module program leading to a final examination that accredits you as a Certified Chiropractic Wellness Practitioner (CCWP) by the ICA Council on Wellness Science. The program consists of four onsite teaching modules and four online study modules.

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- \*Module 1 Scientific and Philosophical Validation of Chiropractic Wellness Paradigm
- \*Module 2 Wellness Nutrition and Natural Health
- \*Module 3 Wellness Physical Fitness and Spinal Hygiene
- \*Module 4 Wellness State of Mind, Emotional Health and Secrets of Eliciting Patient Lifestyle Change

For Wellness Council and Certification Program details visit [www.chiropractic.org](http://www.chiropractic.org)

**CALL ICA TO REGISTER 800-423-4690**

Presented by International Chiropractors Association in cooperation with Life Chiropractic College West

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