

FITNESS SYMPOSIUM

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world-class athletes, celebrities and acquaintances credit as their major inspiration; his many accomplishments include his career as a successful business man and his starring in the title role of a series of wildly popular Hercules movies.

As Mr. Park stepped forward to receive his award, Governor Schwarzenegger acknowledged him as "someone that has been the source of inspiration to me for many, many years, and actually the one to get me started in bodybuilding, the guy that you honor here today, Reg Park."

Life student receives first Schwarzenegger chiropractic scholarship

As part of the on-going Arnold Schwarzenegger Scholarship Program, ICA's guests at the 2007 extravaganza had the opportunity to have baseballs personally autographed by Barry Larkin, with proceeds going to the scholarship fund for chiropractic students. The first Arnold Schwarzenegger Scholarship was awarded by the Governor and ICA President Dr. John Maltby to Adam Rodnick, student ICA member from Life University in Marietta, Georgia.

Chiropractic offers athletes in all sports and of all levels of ability a natural, drug-free way to enhance peak performance, prevent injury and sustain a demanding training schedule. Chiropractic participation in the Arnold Schwarzenegger Fitness Weekend and Sports Festival highlights the positive and rapidly growing relationship between athletics, fitness and chiropractic. Plans for the gala 16th Annual Symposium on Natural Fitness with Arnold are already underway, and ICA looks forward to again hosting a full and fantastic weekend of powerful presenters, fitness stars, champion athletes, and innovative, practical chiropractic continuing education offerings at another tremendous Fitness Weekend. For more news about this and other ICA Fitness Council programs, visit ICA's website at www.chiropractic.org.



ICA President Dr. John Maltby chats with Dr. Pete Gratale, who served as a the MC for the educational program



Representative of Brican Corporation gets an immediate answer to a doctor's question. Brican was a platinum sponsor for the Symposium.



ICA Ohio Assembly Representative Dr. Camilla Ferguson asks a vendor about his product.



Barry Larkin with friends Dr. Paulette Mattia and Dr. Gerry Mattia, President of the ICA Council on Sports and Fitness.



Lyold tables are put to good use during the weekend.



Doctors take the opportunity to get their questions answered during one of the sessions.



GREAT IDEAS FOR RELIEVING PAIN...




Cho-Pat's Original Knee Strap

The original knee strap alleviates conditions caused by chondromalacia, tendonitis, and other forms of overuse syndromes and knee degeneration. Uses compression to reduce subluxation and improve patellar tracking and elevation. Sizes: XS - XXL



Dual Action Knee Strap

Patented strap applies pressure upon the tendons above and below the knee to reduce subluxation, improve tracking and elevation, lessens the forces of the quadriceps and reduce the erosion of the undersurface of the kneecap. Allows full mobility. Sizes: SM - XL



Cho-Pat ITB Strap

Lessens pain and discomfort caused by Iliotibial Band Syndrome. Compression prevents the snapping or friction of the iliotibial band over the bony prominence just above and outside the knee or further up the leg at the hip joint. Sizes: XS - XL



Achilles Tendon Strap

Patented device helps ease the pain and discomfort of Achilles Tendonitis. Uses compression to decrease the stress placed upon the Achilles tendon. Also promotes an early heel rise, which helps to reduce the strain placed on the tendon. Sizes: SM, MD, LG



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