

ICA's Fitness Council Hosts Stellar 22nd Annual Natural Fitness and Sports Conference; Arnold Schwarzenegger Connects Chiropractic with Health and Performance



**COUNCIL ON
FITNESS &
SPORTS HEALTH
SCIENCE**

ICA

International
Chiropractors Association

The ICA Council on Fitness and Sports Health Science hosted the acclaimed Annual ICA Symposium on Natural Fitness and Sports for the 22nd consecutive year with the world's most famous chiropractic patient, former Governor Arnold Schwarzenegger, as keynote speaker. Presenting in Columbus, Ohio with a powerful array of chiropractic educators including clinical presentations by Terry Yochum, DC, DACBR, Eric Plasker, DC, and John Downes, DC, CCEP, Perry Nickelston, DC, NKT, the lineup included an exceptional series of speakers including Robert Silverman, DC, DABCN, Pat McLean, DC, FICA, and NFL Ravens team chiropractor Doug Miller, DC along with ICA Fitness Council and Symposium founder Dr. Jack Barnathan. The program was presided over by ICA Fitness Council Chair, Dr. Pete Gratale; ICA was honored to also host bodybuilding icon, educator and 8-time Mr. Olympia Champion Lee Haney, as well as recognizing fitness legend Monica Brant, the 1998 IFBB Fitness Olympia Champion and 2010-2013 WBFF World Pro Figure Champion, with ICA Fitness Council's Athlete of the Year Award.

While addressing this international event during his keynote presentation to the Symposium, Governor Schwarzenegger noted that his partnership with the International Chiropractors Association shared its vision and work for health "on a world-wide level, on a global level," noting that also "I'd like to promote fitness on a global level –because people need to be fit all over the world and this is what the Arnold Fitness Weekend is about. It's all about promoting health and fitness."

A strong advocate of chiropractic care for people of all ages, Governor Schwarzenegger spoke about his observations and personal experiences with chiropractic's value and significance from the podium, sharing his thoughts about the importance of chiropractic care and his appreciation of its ability to help people on many levels:

"This is why it is so important to have you as our partners, because your whole goal is to reach out and to help people get healthier. Not only – this is the great thing about chiropractic – not only when someone has an injury or a problem, they come to the chiropractor. That's not the only thing you do; you give them advice on how not to get injured and how they got sick in the first place – this is why you are so good for prevention also."

Governor Schwarzenegger also spoke about his own personal experience with chiropractic, recognizing the care he and his family received throughout the years and introducing fellow champion and workout partner, as well as his personal chiropractor, Dr. Franco Columbu, relating to his success in bodybuilding and also his ability to maintain such a rigorous personal and professional schedule. He invited Dr. Columbu to the podium to speak, who noted:

"I really want to say that nothing gives you more than the chiropractic profession when it comes to health, longevity and knowing what to do not only for yourself, but also for your friends. You gain it in health and longevity, it's so great when we can help people more than any other health profession."

Commenting on the importance of chiropractic's role in healthy living, prevention, and performance enhancement, Arnold introduced "True Blood" star Joe Manganiello who appears with him in the movie "Sabotage"; he shared how his positive experiences with chiropractic included his ability to balance his body, sustain intensely focused workouts and prevent injury plus support advanced performance enhancement. Arnold then awarded the ICA Fitness Council Athlete of the Year Award to IFBB Fitness Olympia and WBFF World Pro Figure Champion Monica Brant, presenting her with an engraved crystal column. He also presented the Council's Legacy Awards -- which were developed by Dr. Barnathan and the Council Board to honor and recognize Arnold's legacy of leadership and inspiration in fitness and sports -- to Ms. Daniella Abruzzo, the president/founder of Magic Happens Foundation, a unique non-profit providing active fitness/nutritional support for all people in cancer care, and to Dr. Rich Gennaro, Fitness Council vice president with longstanding service on the Council's board and committee program initiatives.

ICA Fitness Council's President, Dr. Peter Gratale, who served as Master of Ceremonies for the 22nd Annual Symposium, also presented on the educational program with Lee Haney, providing key insights and advances in training and exercise, and highlighted the Council's efforts to emphasize chiropractic's unique aspects in both maintaining optimal health and advancing fitness and healthy, active lifestyle choices throughout the world.

The ICA Council on Fitness & Sports Health Science offers advanced education through conferences like the Symposium on Natural Fitness and Sports with Governor Schwarzenegger and educational program initiatives, featuring leaders in sports, fitness and exercise science. The goals of the Council include supporting Doctors of Chiropractic and Fitness Professionals in educating their communities on the safe, effective, drug free and natural alternative that chiropractic offers individuals of all ages while meeting the urgent public need for safe and efficient exercise along with the latest insights in injury prevention and management.

Chiropractic offers athletes of all sports, and individuals of all ages exercising at any level, an effective and natural, drug-free way to achieve peak performance, prevent injury and maintain a progressive training schedule. Chiropractic participation in the Arnold Schwarzenegger Sports Festival Weekend with its Arnold Bodybuilding Championship and growing array of Olympic-level and world-class sports competitions, highlights the powerful, positive and rapidly growing relationship between sports, fitness, athletic performance, and chiropractic.

**FOR MORE ABOUT the ICA FITNESS COUNCIL & NEXT YEAR'S 23rd ANNUAL SYMPOSIUM for March 5-7, 2015
VISIT www.Chiropractic.org/Fitness, www.ICAFitness.org, and www.Chiropractic.org/Symposium!**

