

ICA's Fitness Council Hosts Stellar 23rd Annual Natural Fitness and Sports Conference; Arnold Schwarzenegger Connects Chiropractic with Community Health and Service



**COUNCIL ON
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The ICA Council on Fitness and Sports Health Science hosted the acclaimed Annual ICA Symposium on Natural Fitness and Sports for the 23rd 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 and John Downes, DC, CCEP, the lineup included an exceptional series of speakers including Peter Gratale, DC, CSCS, Ruth Cohen, DC, CFT, Jay Lipoff, DC, CFT, and Chris Zaino, DC along with ICA Fitness Council and Symposium founder Jack Barnathan, DC, MFS, MSS. The program was presided over by ICA Fitness Council Chair, Dr. Pete Gratale; ICA was honored to also host ESPN TV Fitness Host legends, Kiana Tom and Rick Valente as well as Master Chef Don Doward and Master of Fitness Design Daniella Abruzzo.

While addressing this international event during his keynote presentation to the Symposium, Governor Schwarzenegger noted that his partnership with the International Chiropractors Association shared a vision and commitment to 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. Governor Schwarzenegger also spoke about his own personal experience with chiropractic, recognizing the care he and his family received throughout the years. 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."

Arnold was then recognized for his lifetime of commitment to community service and his inspiring example to people everywhere to help make a difference in supporting individuals and groups in advancing health in their communities, and was presented with ICA's Community Service Superhero Award for 2015 -- "In Recognition of His Outstanding Record of Service To Individuals and Communities in Health, Fitness and Excellence of Body, Mind and Spirit."

He then presented Rick Valente, Kiana Tom and Dr. Pete Gratale with an engraved crystal column as "a Pioneer in Fitness Education"; these ESPN TV educators served as pioneers in fitness instruction. 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 Dr. Jay Lipoff and to Mr. Jack and Mrs. Corinne Wlody for their dedicated leadership in community service; Dr. Lipoff heads Foundation 4 Heroes, a special organization dedicated to helping support children in acute health challenges, and Jack and Corinne Wlody work unceasingly to support and coordinate special service initiatives in their communities on local and regional levels.

ICA Fitness Council's President, Dr. Peter Gratale, who served as Master of Ceremonies for the 23rd Annual Symposium, also presented on the educational program with his colleagues from ESPN TV Fitness, Rick Valente and Kiana Tom, 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 24th ANNUAL SYMPOSIUM for MARCH 3-5, 2016
VISIT www.Chiropractic.org/Symposium AND www.ICAFitness.org!**