

Schwarzenegger Highlights ICA Symposium on Natural Fitness

Editorial Staff

COLUMBUS, Ohio -- Nearly 200 DCs, staff, family and friends of chiropractic gathered here recently for the ICA's 5th Annual Symposium on Natural Fitness. This year's symposium brought together some of the top experts in sports chiropractic and fitness celebrities for a unique weekend of education, inspiration and communication.

The symposium began in 1993 as the brainchild of Arnold Schwarzenegger, his longtime friend Jim Lorimer, and Dr. Jack Barnathan, DC, and has grown each year. The symposium is held in conjunction with the Schwarzenegger Bodybuilding Classic and Fitness Expo, an event that drew more than 35,000 attendees last year.

Arnold Schwarzenegger is a strong supporter of chiropractic, and has addressed the ICA symposium each of the past five years. "What you do is really powerful," he told this year's group. "I am glad you are back at the Arnold Classic and I want you to keep building on this important relationship."

Joining Schwarzenegger at this year's symposium was Franco Columbu, DC, a two-time Mr. Olympia champion. Dr. Columbu spoke of his commitment to chiropractic and the difference chiropractic care has made to the sport of bodybuilding. "I still practice chiropractic, "and I know many bodybuilders who would not have been able to keep training without my help."

Also in attendance at the ICA conference was fitness and bodybuilding legend Bill Pearl, a four-time winner of the Mr. Universe contest. Pearl, who has authored three best-selling books and an exercise video, received the ICA Fitness Council's Annual Community Fitness and Health award for his efforts to educate the public about the relationship between fitness and health, and his determination to "clean up bodybuilding into a drug-free, honest sport."

Some of chiropractic's most distinguished postgraduate educators were in attendance: Dr. Edward Cremata, DC, spoke on soft tissue injury; John Bucklar, DC, CCSP, CSCS, lectured on common errors in resistance training; Jeff Lander, PhD, spoke about spinal biomechanical principles and safety applications in progressive weight training; Jack Barnathan, DC, lectured on intensive training, weights and spinal health; and Tom Deters, DC, the editor-in-chief of Muscle & Fitness magazine, presented a lecture on performance, nutrition and sports.

"The energy at this event was at a record level for a chiropractic gathering," said Gerald R. Mattia, DC, the new president of the ICA Fitness Council. "So many fitness stars are putting their celebrity status behind chiropractic, and ICA's Fitness Council is determined to use this power to spread the chiropractic message ... to educate the general public on the power of our unique, drug-free science and on the vital relationship between fitness and health."

