



adjust your lifestyle™

Super Bowl Champions, Hall of Famers and Chiropractic Care

The Super Bowl is one of the biggest sporting events in the world. The day before the game, the NFL will announce the newest incoming class of the pro football Hall of Fame. Emmitt Smith, Jerry Rice and Roger Craig are three of the fifteen finalists on this year's ballot and they are also huge chiropractic advocates.

Emmitt Smith is the leading Rusher in NFL history. A perennial Pro Bowler and three time Super Bowl Champion when he retired with over 18,000 yards, Smith said, "I thank God, my family and my chiropractor." Chiropractic care not only helped him heal quickly from injuries but he also used chiropractic care as a part of his lifestyle and training regime to keep functioning at the top of his game.

Jerry Rice is considered the greatest Receiver in the history of the NFL. His durability and work ethic is legendary which helped him to overcome his lack of breakaway speed. He initially sought chiropractic care because of a crisis after being injured on the field. After learning about the benefits of lifestyle care from his teammates he made chiropractic care a regular part of his training routine and lifestyle. He is a three time Super Bowl Champion and today he is an official spokesperson for the Foundation for Chiropractic Progress.

Roger Craig is a pioneer in the NFL. He is the only player to ever make the Pro Bowl as a Full Back and a Half Back, the first player to rush for a thousand yards and receive for a thousand yards in a single season – a feat that took fourteen years to be duplicated, and he is the only Running Back in NFL history to ever lead the league in receptions. He is a three time Super Bowl Champion and is the only NFL player to make the playoffs for eleven straight years.

Roger began receiving chiropractic care when he was in fifth grade and today, like the others, still receives regular chiropractic care. In fact Roger just endorsed the #1 bestselling fitness book, *The 100 Year Lifestyle Workout*, which he recommends for every athlete young and old because it stresses the importance of a healthy structure, spine and nervous system with chiropractic care as a core part of the training. This balanced fitness plan teaches athletes to Get their ESS in Shape™, Endurance, Strength and Structure to help you maximize your performance and prevent injuries.

All three of these athletes took a tremendous beating over their careers which began in little league and continued into the pros. Chiropractic care as a part of their lifestyle, injury treatment and training has helped show the world that you can play high level sports and retain your health.

We've all seen videos of old time professional athletes who pounded their bodies into submission and became cripples when their career was over. This is not true for these three superstars and it is no longer the norm as many professional, Olympic and youth sports programs have chosen to make chiropractic care a core part of their programs. In fact many of the leaders of the Olympic sports medicine team today are chiropractors.

There are many stories and training secrets from Roger Craig, Jack LaLanne, youth sports coaches and many other ordinary and extraordinary athletes in *The 100 Year Lifestyle Workout* book to keep you and your loved ones on top of your game.

Don't wait for an injury. If you're an athlete or participate in an exercise program, be like these Hall of Fame and Super Bowl Champions. Make chiropractic care a part of your lifestyle.

Make your appointment today.

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