



International Chiropractors Association

Arnold Schwarzenegger presents ICA with Award at 26th Annual ICA Symposium on Natural Fitness and Health

March 8, 2018 Columbus, Ohio: Each year for the past 26 years, Arnold Schwarzenegger has come to the ICA Symposium and presented a powerful and sincere endorsement of chiropractic. He has spoken with great conviction of the important role chiropractic has played in his career as both a bodybuilding champion and as an actor, crediting chiropractic care for helping him train and work through injuries that would have sidelined others. Governor Schwarzenegger is deeply committed to a close working relationship with the ICA and the chiropractic profession to help in promoting the vital link between exercise and good health.



This year Arnold Schwarzenegger presented the International Chiropractors Association and the ICA Fitness Council with a special award as a token of appreciation. ICA was awarded an eagle statue with the words “Thank You for Your Friendship” engraved in the middle. The Symposium is in its 26th year being held in conjunction with the Arnold Classic and the relationship between Arnold Schwarzenegger and the Chiropractic profession remains strong. “...so you the chiropractors, are the wind, so people can walk and fly higher. This is why I gave you the Eagle (statue) because that is what you are, you’re providing the wind, you’re providing the power so people can live a healthy life” (Arnold Schwarzenegger addressing the 26th Annual ICA Symposium).

Highlights of the program included presentations from chiropractic leaders such as Ben Lerner, DC, Todd McDougale, DC, Ron Oberstein, DC, FICA, John Downes, DC, CCEP, Scott Rosa, DC, BCAO, Ken Kinakin, DC, VIP guest speakers 7-Time Mr. Olympia Phil Heath, Super Bowl Champion (XLVI) Steve Weatherford and female Body Building Champion Tonya Knight.

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