

“What Pro-Athletes Know That Can Help You Be Your Best!”

We've all heard the saying “no pain-no gain”, especially when it comes to personal training and exercise programs. What if you discovered that you could substantially improve your athletic abilities with *one simple step that could eliminate pain, improve your performance, and make your training a breeze?* Millions of today's recreational and professional athletes, who are performing at all levels, are adding *chiropractic adjustment plans to their workout regimen to help them accomplish their goals!*

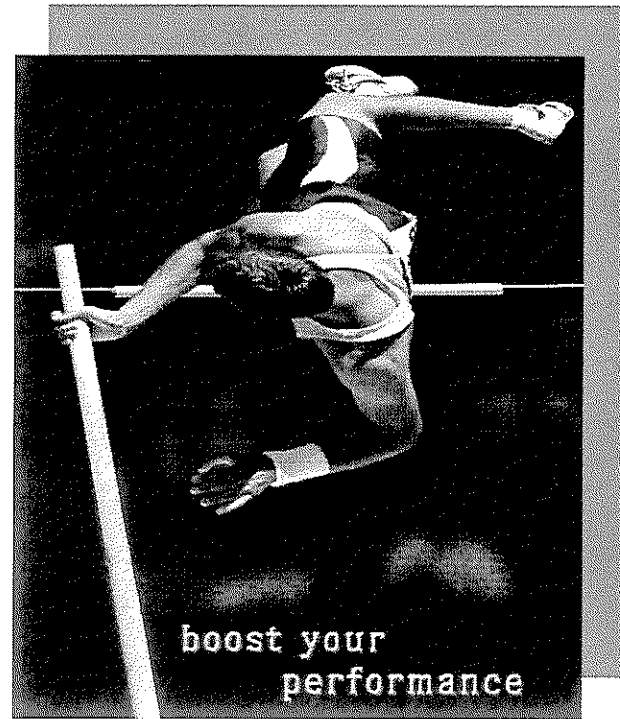
*A recent study found that athletes who underwent regular chiropractic care enjoyed a 10% improvement in their overall performance time and results compared to athletes who were not under chiropractic care.*¹ World-class athletes like Evander Holyfield, Emmitt Smith, the U.S. Women's Soccer Team and others know that chiropractic care can give you the extra edge you need in your athletic performance and *in life*. In fact, many amateur and professional athletes would not even consider competing without first being adjusted by their chiropractor. Olympic runner, Dan O'Brien says, “You obviously can't compete at your fullest if you're not in alignment. Chiropractic is essential for me and my training routine.”²

Just think about it. A ten percent improvement in performance is a **HUGE AMOUNT** for an athlete or for anyone. It can mean the difference between running a *10 second* hundred meter dash or an *11 second* hundred-meter dash... and for a runner that's the difference between winning the race versus not even making the team.

Top athletes and performers are challenging their physical and mental limits everyday and keeping track of their function and performance in relation to their true wellness potential. They don't wait until they get sick or injured. *They fine-tune their bodies all the time with Chiropractic Wellness Adjustment Plans... and so should you!*

Can you imagine the impact on your life if you improved in every area by 10%! What if your immune system functioned 10% better and you got 10% more sleep, energy, and nerve nutrition? If your entire body were functioning at a 10% higher level, the difference over time would be extraordinary! *No wonder top athletes get regular chiropractic care with their families.* You too can heal quickly and maximize your athletic potential. Share the secrets of the world's best athletes and experience true health and wellness. *Make the most of your training. Make chiropractic care a part of your lifestyle today.*

1. Study by Dr. Anthony Lauro. 2. “Today's Chiropractic” Magazine- July/August 1996.



For more information or to schedule an appointment, call Advance Wellness Center at 614-488-6820.