

# CHAMPIONS OF CHIROPRACTIC



“As a professional Crossfit® athlete, my body experiences the standard wear and tear associated with heavy lifting and repetitive movement. I see a chiropractor regularly to help strengthen my spine, boost mobility, alleviate pain and prevent injuries before they occur.”

– **RICH FRONING, JR.**, AMERICAN PROFESSIONAL CROSSFIT® ATHLETE



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Learn more about chiropractic care and what you can do to raise awareness at: [www.f4cp.com](http://www.f4cp.com).

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