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FOR IMMEDIATE RELEASE

Foundation for Chiropractic Progress Champion Nastia Liukin to Compete on “Dancing with the Stars”

CARMICHAEL, Calif., March 16, 2015– The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, announces that its advocate, former U.S. Olympic gymnast Nastia Liukin, will compete on ABC’s hit television series, “Dancing with the Stars,” premiering March 16, 2015, 8 p.m. - 10 p.m. ET. Liukin shared her chiropractic routine in an F4CP public service announcement (PSA), [“How Nastia Liukin Keeps Her Body in Balance”](#) and will be partnered throughout the competition with Derek Hough, who has starred on the show since 2007.

“As a professional athlete, Nastia has a great advantage in this competition -- not only because of her exemplary health and fitness routine, but also because she understands her body and how to keep it functioning at its best,” says Dr. Vince Scheffler, Liukin’s long-time doctor of chiropractic. “I trust that if she applies the same practices that made her successful in gymnastics to dancing, she will be a finalist.”

Chiropractic care is one of several practices that Liukin relies on to keep her health and performance at its best. With a strategic, individualized care plan, Liukin is able to achieve good health as well as prevent and manage injuries endured during training and competition.

Dr. Scheffler notes, “Nastia understands what it takes to be a fierce competitor and has always exercised extreme discipline to ensure success. ‘Dancing with the Stars’ will provide the perfect stage for her to showcase her talent, once again, and win over millions of viewers. I look forward to supporting Nastia – and her health – throughout the season.”

Born in 1989, Liukin hails from a family of World Champion and Olympic medalists. In 2008, Liukin was named Olympic All-Around Champion, and received the title of World Champion in both the 2005 and 2007 World Artistic Gymnastics Championships for her demonstrated ability on the balance beam. She is presently a full-time student at New York University (NYU), where she studies sports management.

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at www.yes2chiropractic.com or call 866-901-F4CP (3427).

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