

## **spotlight on health**

### **Safe Ways To Get Back In Shape**

(NAPS)—Whether you're hitting the gym, pilates mat or the treadmill to get back in shape, it's best to start with baby steps.

"People should take their time getting back into an exercise routine—otherwise they risk injury," says Gerard W. Clum, D.C., of the Foundation for Chiropractic Progress. He recommends warming up before exercising and working out with a partner or trainer.



Photo Credit: JoAnn McKee

**Sarah Harding, Ms. Fitness USA**

Still, injuries can happen, regardless of how fit you may be. Even Sarah Harding, the reigning Ms. Fitness USA and a spokesperson for the Foundation, worked with chiropractors to recover from a back injury she sustained while exercising.

"There's no way I could perform at this level without chiropractic care," says Harding. "Chiropractic works. It's as simple as that."

The Foundation is a not-for-profit group dedicated to increasing awareness of the benefits of chiropractic care. Its Web site features a free "Health Seeker's" calendar—which can be easily downloaded—with steps you can take to achieve physical, mental, emotional and spiritual well-being.

For more information on wellness, visit [www.foundation4cp.com](http://www.foundation4cp.com).

### **Did You Know?**

It's important to protect against injury when exercising, no matter how fit you may be. Even Sarah Harding, Ms. Fitness USA and spokesperson for the Foundation for Chiropractic Progress, visited a chiropractor to recover from a workout injury. For information on chiropractic care and wellness, visit [www.foundation4cp.com](http://www.foundation4cp.com).