

Schwarzenegger Comes to Columbus

Last weekend, Governor Arnold Schwarzenegger spent three days at a major sporting event held in Columbus, Ohio. The Arnold Classic is a prestigious body building competition he has promoted for 18 years.

It seems that whatever Arnold does, he does it big. This is no exception. There were 15,000 athletes with 120,000 spectators for three days. The event filled the Veteran's Memorial Auditorium, The Convention Center and Nationwide Arena.

Besides bodybuilding, the events have expanded to a wide range, including archery, boxing, fencing, gymnastics, martial arts, hockey and figure skating. There were almost 30 different events taking place, appealing to almost everyone. You could even go watch competitive table tennis!

I had the opportunity to hear his story. He has long been a chiropractic patient and advocate and spoke at a chiropractic seminar on fitness and training. I was fascinated to hear of his achievements as a bodybuilder, Hollywood star and politician.

When Governor Arnold was 15 years old, he decided he would become Mr. Universe by the age of 21. He exercised and lifted weights 5 hours a day. He says "I could not wait each day to do my exercise program, no matter how painful. I knew each workout got me closer to my goal of becoming Mr. Universe."

And sure enough, Arnold became the youngest Mr. Universe at the age of 21 years. He went on to win Mr. Olympia 7 years in a row, establishing his place in body building history.

During this time, he also dreamed of becoming a Hollywood action hero. He had grown up in Austria watching such movies as "*Hercules*". Upon retirement from body building, he threw himself into studying acting. He worked 5 hours a day on different skills, even trying to reduce his accent. He jokes "That didn't work very well".

After filming *Terminator 3*, he saw the opportunity to become Governor of California. Amazingly, he declined an offer of \$30 million to make *Terminator 4* and wanted to give back to America, the land that provided him with so much. Through all of this, he still credits body building and fitness as his base.

That is why he comes to Columbus every year in spite of his hectic schedule. And now imagine all the security requirements that go along with it!

Arnold has used chiropractors over the years and has long been a supporter. Recently, he and his son had a motorcycle accident in Los Angeles. After getting

his face stitched, he then went to his personal chiropractor, Dr. Franco Columbo to take care of his neck and back pain. Since Arnold has kept himself in top shape and had regular chiropractic care, he felt great just after three visits!

His message was clear -- exercise, eat right, set your goals and have the discipline to achieve them. And chiropractic care is one tool that can help you along the way.

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