



# HEALTH AWARENESS

## Football Legend Tackles Chiropractic Care

(NAPS)—One of the greatest wide receivers in National Football League history is now telling how he managed to withstand all those truly “vicious” hits he took.

“Chiropractic care was key to keeping me in the game,” says Jerry Rice, who helped the San Francisco 49ers win three Super Bowl Championships between 1985 and 2000.

Noting for anyone who hadn’t already guessed that football is a very rough and vigorous sport, Rice explains that many of the pass patterns in a game—either long or short—required a maximum effort. “I took vicious hits from players nearly twice my size,” he recalls. “Thankfully, I had the durability to withstand those tackles, or I would never have succeeded or lasted as long as I did.”

Rice first became a believer in chiropractic care right before the 49ers were to play the Bengals in Super Bowl XXIII. A couple of key players were injured, and he credits a chiropractor for turning things around.

“Ever since then, I’ve had the benefit of chiropractic care,” says Rice, a 13-time Pro Bowl football player, with 38 career records, who retired from the NFL in 2005 after one brief season with the Seattle Seahawks.

Which leads us to his second career.

That’s right, we’re talking “Dancing with the Stars.”

As spokesman for the Foundation for Chiropractic Progress, a nonprofit organization dedicated to increasing public awareness of chi-



**A veteran of the football field and the dance floor, Jerry Rice knows firsthand about the benefits of chiropractic care.**

ropractic, Rice will be discussing how the treatment helped him get through his physically demanding stint in the popular television show “Dancing with the Stars.”

“Dancing with the Stars’ was every bit as exhausting and challenging—though not nearly as brutal—as football,” he says. “It required many hours of practice. I had aches and pains that I never had before. Again, chiropractic care made the difference—and kept me dancing and in the competition.”

Rice says most people aren’t aware of the benefits of chiropractic care—which he hopes to change.

“The game of life requires the edge that chiropractic care provides,” says Rice.

For more information, you can visit the Foundation for Chiropractic Progress at [www.yes2chiropractic.org](http://www.yes2chiropractic.org).

### Did You Know?

Jerry Rice, one of the greatest wide receivers in National Football League history and a former contestant on the TV show “Dancing with the Stars,” now serves as the spokesman for the Foundation for Chiropractic Progress. For more information, visit [www.yes2chiropractic.org](http://www.yes2chiropractic.org).