

# FITNESS MADE EASIER

## Chiropractor, Athletic Trainer For The U.S. Olympic Track Team Offers Training Tips Anyone Can Use

(NAPSA)—Having worked with athletes for more than 20 years, Los Angeles-based chiropractor and certified athletic trainer Dr. Glenn Lowenberg has heard about every ache and pain in the book. Whether it's the world-class track athlete with a strained hamstring or the intramural softball player with a sore back, Dr. Lowenberg has seen it all. Now he's heading to the 2008 Olympic Games in Beijing to serve as a chiropractor on the U.S. Olympic Track & Field team.

"It's tough taking time away from my busy practice and my two children, but I love the work that I do and volunteering my time for this year's Olympics in China was a no-brainer," says Lowenberg.

In addition to his work with the Olympics, Lowenberg has participated in World Class Track & Field events, including five World Championships, U.S. National Championships and multiple Millrose Games. His association with U.S.A. Track & Field has taken him to athletic venues on five continents.

No matter what country he's in, Lowenberg always tells the athletes, whether competitive or not, to keep four simple tips in mind when participating in any type of workout.

- "One of the most important things I tell any athlete or patient



**Los Angeles-based Chiropractor/Athletic Trainer headed to Beijing for 2008 Olympics.**

is that you can never start a workout without stretching properly first," says Lowenberg. A good warm-up will consist of at least 20 minutes of stretching and target all of the muscle groups you intend to use during your workout.

- Another tip is to make sure to get a solid cooldown as well to help prevent strained muscles.

Adds Lowenberg, "Cooling down is extremely important; it gives a chance for the lactic acid in your muscles to dissipate."

- Lowenberg advises athletes to know their limits and not overextend themselves during their workouts.

"I'm an advocate for working

hard, but it's important not to push yourself beyond your limits and overtrain," says Lowenberg. "This is the easiest way to cause injuries such as pulled muscles, which can leave you out of commission for weeks."

- Despite our best efforts, Dr. Lowenberg knows that aches and pains are often inevitable as a side effect of working out. If this happens, Dr. Lowenberg recommends using THERA-GESIC®, a topical analgesic cream that can be applied to the skin to provide effective relief of muscle soreness.

"The first thing I tell my patients suffering from muscle pain after a workout is to try THERA-GESIC®. It's simple to use and, in my opinion, there's no other product that is more effective in topical pain relief—and you don't have to be a world-class athlete to use it," says Lowenberg.

"One of the great things is that it can work for nearly anyone. I recommend it to my patients suffering from arthritis pain and even those with nagging everyday pains, and the feedback is very positive."

The analgesic is available over the counter at your local pharmacy. For more information, visit [www.thera-gesic.com](http://www.thera-gesic.com) and for more information on Dr. Lowenberg, please visit [www.drglowenberg.com](http://www.drglowenberg.com).