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Music and health go hand in hand for City to Bay

The Chiropractors' Association of Australia SA (CAASA) and Fresh 92.7 have partnered up for this year's Sunday Mail City to Bay and are calling on participants to grab their kicks and hit the bitumen for the gruelling 12 kilometres in the name of being healthy and raising funds for the deserving Neil Sachse Foundation.

The CHIRO/FRESH927 team will bring a sea of bright blue to the City to Bay event with all participants receiving a free race t-shirt as well as the chance to win one of three annual Jetts 24 hour fitness gym memberships.

The partnership was born out of the strong affinity running shares with chiropractic care, and how it has the potential to positively influence event performance.

Chiropractor and CAASA President - Dr Brett Hill says, "Runners in this year's City to Bay should consider combining chiropractic visits with their training regimes, it can help them to perform at their best and improve power, balance and agility¹ – all key ingredients for a good runner."

"A healthy spine makes for a healthier life and keeping active and encouraging people to do so is a key target for the CAASA," says Dr Hill.

CAASA and Fresh 92.7 are supporting the Neil Sachse Foundation and encouraging runners to donate with the spinal cord injury organisation the chosen charity for the team.

Neil Sachse says, "The City to Bay is a fantastic event every year and we are very grateful to the CAASA and Fresh 92.7 for including the Neil Sachse Foundation in this initiative."

Chairman of the Fresh 92.7 Board - Andrew Andrews says, "We're thrilled to team up with CAASA and to offer our listeners a team to join for the event. Although running is not a strong forte for the DJs at Fresh 92.7, we'll all be trying our very best to push one foot in front of another, while supporting both chiropractic and a foundation that gives ongoing support to thousands of Australians."

The CHIRO/FRESH927 team encourage all people, young and old, to sign up as participants will be helping both their own health as well as others by supporting the Neil Sachse Foundation.

Click here to enter the CHIRO/FRESH927 team online – <http://fresh927.com.au/chirofresh927/>

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For more information please contact Gray Management Group

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About the Chiropractors Association of Australia, South Australia (CAASA): Members of the Chiropractors Association of Australia SA (CAASA) are registered, primary contact health professionals who undertake a minimum of five years of university training across three government universities in Australia. Chiropractors usually work in their own private practice or in clinics with other healthcare professionals. They may also act as allied health consultants in areas including occupational health and safety, sport, rehabilitation, health insurance assessment and medico-legal advising. CAASA's mission is "To empower all people to experience greater health and wellness through an active, lifelong process of healthy lifestyle choices." For more information visit www.caasa.com.au

¹ **Chiropractic effects on athletic ability.** Lauro A. Mouch B. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation.* 1991; 6: 84-87