

**“When it comes to enhancing my family’s health, I rely on a Doctor of Chiropractic. The same chiropractic care that powered my athletic career, nurtured my natural childbirth and enriches my parenting.”**

**– Sarah Harding**

**2x Ms. Fitness USA, First-Time Mother**



Since first utilizing chiropractic care to recover from a career threatening back injury, Sarah Harding, 2x winner of Ms. Fitness USA, has relied on natural chiropractic treatments throughout her career as an All-American gymnast, professional acrobat and Pilates expert. Now as a first-time Mom and the founder of Asobi Sport™ Family Fitness, a playful Pilates program for busy parents, Harding is once again relying on chiropractic care — only this time the “sport” is parenthood.

“When we feel great, our baby benefits! The safe, gentle techniques used by my chiropractor proved effective during my pregnancy and postpartum period — especially now as a breastfeeding, baby-wearing Mom.”

To learn more about the benefits of chiropractic care, please contact your local chiropractor or visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

Learn the facts about chiropractic care and its vital role in America’s well being. Visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com)

Foundation for  
**Chiropractic Progress™**