

Riding Into Fitness

FITNESS CHIROPRACTIC HOSTS GRAND OPENING

STORY AND PHOTOS BY RANDY TWELLS

La Mesa, CA—How often have you finished a long ride thinking, wow, “if only my shoulders weren’t scrunched up around my ears” or maybe that lower back is out of kilter just enough that it’s in pure agony going over a rough section of road? I know I have. I also know that it takes a rider to know rider issues.

I recently had the pleasure of meeting Dr. Nick DeSantis and his biz partner Judi Catling, Certified Personal Trainer and Clinic Director of Fitness Chiropractic Clinic. As riders and health care professionals they enjoy being part of the riding community; Dr. Nick has been riding since he was a teenager, for about 30 years. He currently rides a 2000 Yamaha Road Star Silverado 1600, and also has an “around town” Honda Shadow 750 ACE in the garage. He and Judi used to work at the same gym about a year ago. Dr. Nick rode to work one day on his bike, and Judi saw this and said, “This is something I have always wanted to do!” So Dr. Nick said, “Get on and we’ll go for a ride.” The next thing you know he set her up for the MSF riding course, and now she just bought a 2006 Kawasaki Vulcan 900 LT. She loves it.

Now of course Dr. Nick has numerous credentials as a chiropractic professional, but being an avid fitness enthusiast, he held the bodybuilding title of Mr. Apollo in 1983. So he brings a unique background to the science of chiropractic. Through the years he has worked as a chiropractic professional in his own practice or has brought his talents to bear working in the fitness industry.

At the Fitness Chiropractic Clinic offices I got the little tour—they have a gym with lots of weight/exercise machines right there, plenty of mirrors so you can see how absolutely hot you look in your leotards, and of course the de rigeur treatment/adjustment room. This is different than the usual chiropractic office; all the weight training & exercise machines give clients a setting to improve their physical fitness under professional healthcare supervision.



They invited me to their Grand Opening for their new La Mesa office the following day, for happy hour. Food, drinks, the works. I thought, gee, I hope they get some participation; it’s really hot, etc. When the time came I had quite a stressful day behind me and THEN it

was, boy I hope they have alcohol!! So I arrived to find the place full of people, munching dee-licious Mexican food from Casa Picante in Santee courtesy of patient/friend/restaurant owner Nick “the Greek” Houvardas (another Nick), who loves bikes and bikers, and welcomes all to his establishment (see QT’s weekly events). Plus there was plenty of liquid ambience-enhancing refreshment, as I had hoped, and the whole crowd was made up of folks who have known Dr. Nick and each other for years as patients and friends too, and follow him through whatever location changes he makes. Now that’s a testimonial.



Once we all stuffed ourselves on the great Casa Picante food, then of course Nick the Greek insisted we follow him over to the restaurant where we were joined by Dr. Nick’s wife Sue, who often rides passenger behind Dr. Nick, and Nick the Greek hosted us for more fun in the huge bar and dance floor area, tropical Mexican style, and let Dr. Nick give him a buzz cut right there. Partiers suffered some attrition but the die-hards continued on to the poker game that ensued elsewhere! When you party with these guys look out! Altogether it was a fun evening, and Dr. Nick and Judi you have got to meet.

Lots of folks get through life without ever consulting a chiropractic physician. I know that with my sideways-curved spine (scoliosis) and other associated back problems I could not get along without chiropractic. Basically it involves your spine, and even in a healthy spine, if there are any misalignments (called subluxations) these can create havoc, as in painful pinched nerves and muscle spasms. Even a person with no deformities can benefit from making sure that their spine, including the neck, is healthy and in proper alignment. If I have trouble turning my head freely, or have a nagging pain in the lower back, I know I need some help.



Gentle adjustment and other therapies have made a big difference to me through the years. Without it I could not ride a bike; chiropractic care is the difference.

Dr. Nick DeSantis has been an East County resident for over 40 years, and a licensed Dr. of Chiropractic since 1988. He graduated Pasadena College of Chiropractic with magna cum laude and valedictorian honors in 1987. Credits include: former Industrial Disability Evaluator, member of the American College of Sports Medicine, Diplomate of the American Academy of Pain Management, Fellow of the International Academy of Medical Acupuncture, an American Institute of Hypnotherapy Ph.D, and is a Member in the International Chiropractors Association Council on Fitness and Sports Health Science.

The Fitness Chiropractic website is under construction but meantime you can contact by phone at 619-466-BACK (2225) if you have any questions or want to go for a ride; Dr. Nick and Judi would love to hear from you. Also check their ad in this issue of QT!



*Editor’s note – I haven’t met Dr. Nick, but I can vouch for Chiropractic – I had scoliosis, so bad that when it started to be corrected, I could feel my riding position changing in the seat. Now I’m straight as an arrow. More importantly, all the weird pains and problem areas all over my body are gone – the spine has most of your “wiring” running through it, so if you’re tweaked, you’re not “firing on all cylinders.” So my back’s good, now if I can just lay off the triple cheeseburgers...
CD*

Reporter’s follow up: As of press time for this story, I have been in personal training with Judi Catling under Dr. Nick’s supervision: 8 sessions so far of cardio and weight/resistance training. Plus homework doing cardio on a lateral thigh trainer (like a slide stepper). My energy is up, I can move better than ever without those ‘catches’, everything feels tuned and joints lubed and smooth. I also sleep better. Judi is patient and makes sure I understand why and how to do each exercise to the best benefit. I am getting in shape and soon my print complaints about chunkiness will be no more! Thank you Judi, you are saving my life! —RT

