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FOR IMMEDIATE RELEASE

San Diego Charger Girls and e2k Sports announce Dr. Mindy Mar and San Diego Center for Health as Official Health and Wellness Center for 2008-09

San Diego, CA (April 2008) – San Diego Charger Girls and e2k Sports are pleased to announce they have resigned Dr. Mindy Mar and San Diego Center for Health as the Official Health and Wellness Center for the San Diego Charger Girls 2008-09 season. Dr. Mar will serve as the Charger Girls team doctor on game day, providing on-site preventive and injury healthcare to the squad.

"San Diego Center for Health is dedicated to helping us achieve our highest state of health and wellness. They provide us with credible information, tools & resources to help us look and feel good. We are happy to have them as a part of our team!" states Lisa Simmons, Charger Girls Director.

Dr. Mar utilizes Performance Therapy principles - a combined approach to treating soft tissue injuries through manual therapy, functional reconditioning and strengthening techniques. **"My primary focus for the Charger Girls is prevention of injuries by means of total body corrective care and overall improvement of athletic performance on game day," says Dr. Mar.**

The San Diego Charger Girls on-site healthcare includes chiropractic adjustments, athletic and kinesio-taping, physiotherapy, soft tissue therapy, strength and conditioning exercises and stretching protocols. Other professional services San Diego Center for Health provides for the Charger Girls include initial health history consultations, comprehensive examinations, x-rays, orthotic fittings, Endermologie® and deep tissue massage.

The right treatment is imperative to an athlete's health. The risk of stunting and tumbling can result in injuries ranging from sprained ankles, bruised wrists, and soft tissue damage to more catastrophic injuries such as torn ligaments, broken bones, and trauma to the neck and back. **"Should an injury occur on the field, I am with the Charger Girls before, during and after the home games providing efficient and effective on-site care so the athlete may return back to the field and perform", states Dr. Mar.**

Competitive cheerleaders rank very high in their fitness and strength. A recent study led by researcher, Hermann Engels of Wayne State University, put a group of professional cheerleaders through rigorous testing which included workouts on treadmills, stationary cycles and bend-and-reach tests. These tests measured the cheerleaders workout capacity, flexibility and lean body mass. The research concluded that **competitive cheerleaders are in the same league physically as Olympic soccer and gymnastic contenders.**

About San Diego Center for Health

Established in 2003, **San Diego Center for Health** is a full service health and wellness center. Professional services include chiropractic care, exercise rehabilitation, deep tissue massage, radiology and diagnostic imaging, nerve conduction velocity testing, athletic and kinesio-taping, Active Release Technique®, Graston Technique®, custom-fitted orthotics, flexibility training, strength and conditioning, sports nutrition, acupuncture and Chinese herbs.

The Spa at San Diego Center for Health offers a range of aesthetic and therapeutic treatments include customized facials, glycolic peels, microdermabrasion, waxing, Swedish massage, motherhood massage, reflexology, lava stone therapy and aromatherapy. The Spa at SDCH also offer Endermologie® which is FDA-approved to reduce and minimize the appearance of cellulite and is considered to be the benchmark for overall body contouring.

San Diego Center for Health mission is patient/client education which is emphasized by the knowledge about one's current state of health and wellness, the road back and how to sustain it. SDCH's team of professionals include chiropractors, exercise physiologists, holistic healthcare practitioners, massage therapists, endermologists, acupuncturist and esthetician. The professionals at San Diego Center for Health have the education, experience and passion to help achieve optimum mind, body and spirit.

For more information, please visit our website at www.sdcenterforhealth.com. San Diego Center for Health is centrally located in Mission Valley at 2667 Camino del Rio S. #112 B San Diego, CA 92108.