

## Optimal Performance through Conditioning & Strengthening Treatments for 2016 Cobra IRONMAN 70.3 Asia Pacific Championship

INTERCARE, the regional leader in healthcare and wellness, pain management and sports medical services for 23 years and is the Official Sports Injury and Recovery partner of the Philippine Olympic Committee for major international sporting events such as Southeast Asian Games, Asian Games and Olympics.

INTERCARE, takes part as a major sponsor this coming August 7, 2016 when the Philippines makes history in hosting the Cobra Ironman 70.3 Asia Pacific Championships marking the first time to hold this elite event in Asia outside of Australia and New Zealand. With 2,900 participants which top 50 will have a chance to compete in the 2017 Ironman 70.3 World Championships in Chattanooga, Tennessee.

INTERCARE, has been part of Cobra Ironman 70.3 challenge of brawns, strength and endurance competition for the past eight years. This year, a team of Conditioning and Strengthening Specialists will be made available for all triathletes that will help and ensure them in attaining their Optimal Level of Performance.

These services – Conditioning and Strengthening Stretches, Active Myofascial Release and Physical Therapy can be availed before, during and after the event. Call our landline (02) 895 1297 or Mobile Number 0917 320 9479 and ask us how we can be of help.







## **Optimal Performance through Conditioning & Strengthening** Treatments by Intercare's Sports **Specialist Experts**

Avail of the Treatment Coupon & Ensure you have a Slot for August 4 - 7

LIMITED SLOTS AVAILABLE.

Franc Auto, PTRP

Noel Lagman, PTRP

Reservation is from July 21 - August 3, 2016 only.

## For all Cobra Ironman 70.3 Asia Pacific Championship Participants

For Reservation call (02) 895 - 1297 or 0917-320-9479 or visit any Intercare Clinic

Physical Therapist Registered in the Philippines

Clinic Manager, Intercare Chiropractic Center, Inc.

A Certified RockDoc Instructor & Practitioner

Member of the National Athlete Strength and Conditioning Team for the last Sea Games (2007), Asian Youth Games - Singapore (2009), Asian Games - China (2013), Asian Games - Korea (2014)

A Veteran Leader of a Conditioning and Strengthening Team for Cobra Ironman 70.3 (2013 & 2014)

Physical Therapist Registered in the Philippines

Physical Therapist, Intercare Chiropractic Center, Inc.

A Certified RockDoc Practitioner

Member of Strength and Conditioning Team for the last Asian Beach Games

- Bali, Indonesia (2008), Sea Games (2015)

Member of the Strength and Conditioning Team for Cobra Ironman 70.3 - Cebu (2008) Member of the Sports Injury and Recovery Team for the "Sigaw Ayala Olympics" 2016



