

The Calm before the Storm: PH athletes attend mass ahead of Rio Olympics

RIO DE JANEIRO – It was relatively quiet at the Philippine headquarters Sunday, with most of its athletes spending more time giving themselves ample time to rest.

The day started with a mass officiated by a Brazilian priest inside the Philippine quarters located at Building 2 of the Athletes Village.

The mass ended with the priest offering prayers for the athletes.

“I pray for you, your families and your country. If you are happy to be here, then everybody in your country is happy for you,” said the priest.

Dr. Martin Camara, a noted chiropractic specialist back home, has joined the delegation from Manila, and checked on a handful athletes.

Long jumper Marestella Torres-Sunang had her pelvis and back “realigned,” and said she felt much better after a short session.

“It’s like a car that with poor alignment will not run well,” said Camara, who did some twisting Marestella’s back and neck areas.

The athletes will all get back to work Monday or five days before the opening ceremony.

Read full article on <http://www.foxsportsasia.com/news/calm-storm-ph-athletes-attend-mass-ahead-rio-olympics/>