



IT'S NEVER TOO LATE TO BECOME FIT

BY RICHARD EMERSON, D.O., SUNS TEAM PHYSICIAN



In Talk to the Doc, Dr. Richard Emerson, the Suns' team physician answers from "weekend warriors" regarding their aches, pains and injuries.

Doc,

I just turned 39 and I'm considering starting a workout program. I haven't really worked out much since I was in college, but I'm not overweight and am generally healthy. Besides, I'm not exactly a professional athlete to begin with. Is it worth it to start a strenuous fitness program at my age if I'm not really having any health problems?

Carlton H.

Tempe, Ariz.

Carlton, it's always worth the effort to maintain your health. You don't need to be a professional athlete to make the decision to stay fit and live longer.

In daily life, the decisions we make and the people we associate with ultimately decide our fate. As official team physician for the Phoenix Suns, I have a major responsibility for some of the highest paid athletes in the world. The importance of their good health is obvious. The outcome of the contest depends on their ability to perform on the court.

In my daily medical practice, the objective is very much the same. The health and well-being of my patients is as important as the health of Kevin, Dan or Charles is to the Suns. My job then is to make sure that my patients receive the same personalized, professional medical attention as the super athletes who perform in the NBA night in and night out.

Recently, The Center for Sports Medicine and Orthopedics opened a new office in the Phoenix Suns Athletic Club, a historic landmark next to the America West Arena. This beautiful building houses one of the most advanced fitness facilities in the country equipped with the most modern exercise and fitness equipment available. Staffed with trained exercise physiologists and personal trainers, the Phoenix Suns Athletic Club offers you the opportunity of a lifetime to get in shape safely and easily.

Making a commitment to good health is an important decision that can affect your well-being for a lifetime. Millions of people make that commitment every year, but soon quit due to the frustration and pain associated with an unhealthy approach to the conditioning process. Unlike professional athletes who have medical and fitness experts to prescribe and guide them through a personalized program best suited for

their body, amateurs generally experience failure as they have little or no professional help and support.

The Phoenix Suns Athletic Club is unique. Unlike most fitness clubs who take your money and "turn you loose" in their gym, this club is different. They have gone to great expense to make sure each new member receives the same personalized medical and fitness support as the pros. During the health evaluation process, in addition to medical attention from our staff, you receive a muscular-skeletal evaluation from Healthsouth, the nation's largest physical therapy and rehabilitation organization. Each step in the process is directed to one goal, making sure your journey to good health and fitness is a fun, successful process.

As an orthopedic surgeon and family practice physician specializing in sports medicine, I help professionals and nonprofessionals develop and maintain health and wellness programs aimed at physical fitness and prevention of injury. It takes teamwork to complete this winning formula — a team made up of you, medical professionals such as those at the Center and a fitness facility like the Suns Athletic Club. A team dedicated to making sure you become a winner in your quest for a healthier lifestyle. 🏀



(Left) Making her Olympic comeback, former Pac-10 champion Gea Johnson trains at the Phoenix Suns Athletic Club when visiting from her Los Angeles training site. (Right) The Phoenix Suns Athletic Club provides access to her surgeon, physical therapist, and Tom Rogers, her personal trainer and director of the club.

