

Think Teens Aren't Using Anabolic Steroids In Your Community, THINK AGAIN!

FACT:

“According to the NIDA, over 1 million teens between the 6th & 12th grades have admitted to using anabolic steroids with the intent to improve their athletic performance, physical appearance and self image.”

FACT:

“National figures indicate, anabolic steroid use among teenage athletes has more than doubled over the last decade.”

FACT:

“Everyone has the power to Choose NOT to Use® anabolic steroids!”

Introducing the “only” national anabolic steroid education & awareness program that carries the empowering Choose NOT to Use® message.

created & presented by, Dr. Victor N. Naumov, DC, CCSMS, Founder & President, NCADFA, Inc.

Teens, Sports & Steroids...the Myths, the Magic and the Madness

Our one hour, PowerPoint seminar carries a straight forward, no-nonsense message and tackles today's hottest and most controversial topic facing high school sports, the use and abuse of anabolic steroids and performance enhancing drugs. This one of a kind seminar carries a solid *Choose Not To Use®* message to teens along with the understanding of the power of choice, actions and consequences, leadership, self-esteem and personal responsibility. Dr. Vic's open Q & A session provides a unique opportunity which allows teens, along with mentors such as coaches, parents, teachers and athletic directors to take a proactive approach in helping deter the use and abuse of anabolic steroids among teens. Our program has been designed specifically from a proactive, preventative standpoint without the use of scare tactics, Dr. Vic understands that drug prevention starts with the power of *Choice* and continues the NCADFA's *Choose NOT to Use®* message.

***Seminar attendees will learn:**

- What are anabolic steroids?
- How teens most commonly obtain steroids?
 - Are anabolic steroids safe?
- Sports nutrition supplements, should teens use them?
- The scope of teenage steroid abuse across the U.S. ?
 - Can steroid use really make you a better athlete?
- The top 3 myths about steroid use and its effect on athletic performance.
 - The most commonly used steroids among teens.
- The psychology behind why teenage athletes use steroids.
 - 7 warning signs of potential steroid use in teens.
- Strategies for stopping teenage steroid use before it starts.
- The teenage power of choice & our trademark Choose NOT to Use® message.
- What are the health consequences associated with the use of steroids for both young men and women?

***Call the NCADFA @ 201-265-8688 for details about seminar booking. Visit our site: www.NCADFA.org**

About the Presenter: Dr. Vic Naumov, DC, CCSMS

Dr. Vic is the Founder & President of, **The National Coalition for the Advancement of Drug-Free Athletics, Inc.** (a 501 (c)(3), non-profit charity organization). Referred to as *America's Human Performance Doctor™* he is a Certified Chiropractic Sports Medicine Specialist and the owner of the Naumov Chiropractic Human Performance Center, a holistic health practice located in New Milford, NJ with a focus on teaching practice members natural strategies to help them achieve and maintain optimum health and peak athletic performance. His practice members fondly refer to Dr. Vic as their “*Healthy Living Coach.*” He has been featured on numerous national TV and radio programs and has authored numerous articles for national publication on drug-free athletics and natural human performance. Dr. Vic completed his academic studies by earning a Doctor of Chiropractic degree from New York Chiropractic College and his undergraduate degree from Montclair State University.



