



Get Your Feet On Straight- GYFOS! presented by  
An Injury Prevention Initiative For High School Athletes  
presented by CPS Fitness

It is with great pleasure to stand together and support the National Athletic Trainers Association (NATA) as it takes the lead in addressing youth sports-related musculoskeletal and neurological injuries (concussion, heat illness and ACL injuries). CPS Fitness is proud to join the Youth Sports Safety Alliance to help raise awareness of the causes, symptoms, treatment and most importantly the prevention of sports injuries.

CPS Fitness began its initiative to advocate for the prevention of lower body injuries by offering free lower body alignment assessments for all students participating in school sports in April of 2013. If we can predict a predisposition to injury, it is our goal to work towards solutions to correct it before injuries occur- Predict, Prevent, Perform!

With that, again, we are proud to fully support the worthy endeavors of the Youth Sports Safety Alliance, and are committed to advocating for the safety of our youth athletes.

Sincerely,

Judith Lacko, CPT, ACE  
Certified ALINE Expert  
"Get Your Feet On Straight!"  
CPS Fitness