



# BARON MAGAZINE

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**BIOGRAPHY PHILANTHROPISTS**

Dr Robert M. Goldman

BARON PUBLISHING



**DR ROBERT M GOLDMAN** MD, Ph.D., DO, FAASP

**BORN** Brooklyn, New York USA

**EDUCATION** Holds two Physician & Surgeon Medical Degrees and two Medical Doctorates

**FELLOWSHIPS** Served as a Senior Fellow at the Lincoln Filene Center, Tufts University and as an Affiliate at the Philosophy of Education Research Center, Graduate School of Education, Harvard University. He also holds Visiting Professorship at numerous medical universities around the world.



**Harvard**  
Graduate School  
of Education



**EXPERT MARTIAL ARTS**



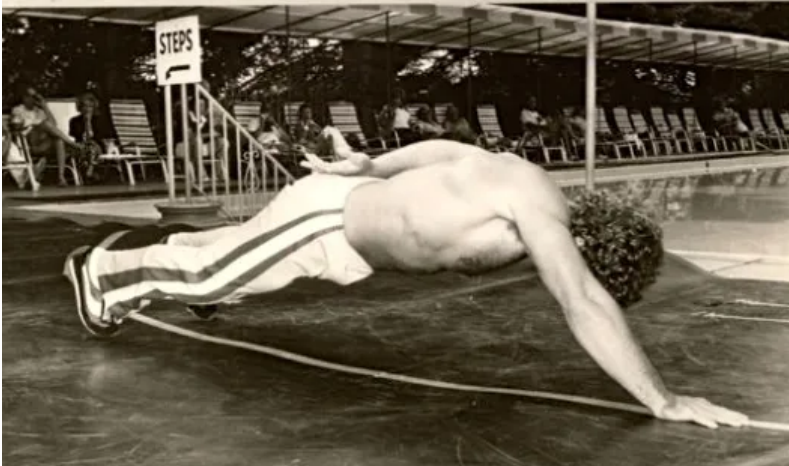
6th degree Black Belt in Shotokan Karate and 7th Degree Black Belt in Tang Soo Do



### GUINNESS BOOK OF WORLD RECORDS

13,500 consecutive straight leg situps and 321 consecutive handstand pushups

Over 20 world strength & endurance records



**HALL OF FAME**

World Martial Arts Masters Association Hall of Fame GrandMaster Award

[ISHOF](#) International Sports Hall of Fame







**FOUNDER OF INTERNATIONAL ORGANIZATIONS**

**A4M** [American Academy of Anti-Aging Medicine](#)

**ABAARM** American Board of Anti-Aging & Regenerative Medicine

**ISHOF** [International Sports Hall of Fame](#)

**NASM** [National Academy of Sports Medicine](#)

**ACASP** American College of Sports Medicine Professionals

**WAAAM** [World Anti-Aging Academy of Medicine](#)

**TARSUS MEDICAL GROUP** ([Medical Conferences and Exhibitions](#)).



**A4M CONFERENCES WORLDWIDE**



## AWARDS

Dr. Goldman was an All-College athlete in four sports, a three-time winner of the John F. Kennedy (JFK) Physical Fitness Award, was voted Athlete of the Year, was the recipient of the Champions Award and was inducted into the World Hall of Fame of Physical Fitness, as well as induction into numerous Martial Arts Hall of Fames in North America, Europe, South America and Asia.

Dr. Goldman is the recipient of the 'Gold Medal for Science, the Grand Prize for Medicine, the Humanitarian Award, and the Business Development Award. Dr. Goldman has also been honored by Ministers of Sports and health officials of numerous nations. The President of the International Olympic Committee awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of Sport & Olympism. Dr Goldman was also awarded the 2012 LifeTime Achievement Award in Medicine & Science. Dr. Goldman was also one of the very few recipients of the Healthy American Fitness Leader Award, presented by the United States Chamber of Commerce and President's Council. Dr Goldman was awarded the 2017 Martial Arts Masters Cup and is the 2018 recipient of the Arnold Schwarzenegger LifeTime Achievement Award, being only the 18th such awardee in history. He has been appointed as Sports Council Member by two USA Presidents and recently received another Council Appointment by the White House and by the President & Secretary of State of the USA.







ARNOLD SCHWARZENEGGER [Life Time Achievement Award – Video](#)



**PROFESSIONAL**

USA-President's Council on Sports, Fitness & Nutrition-Council Member

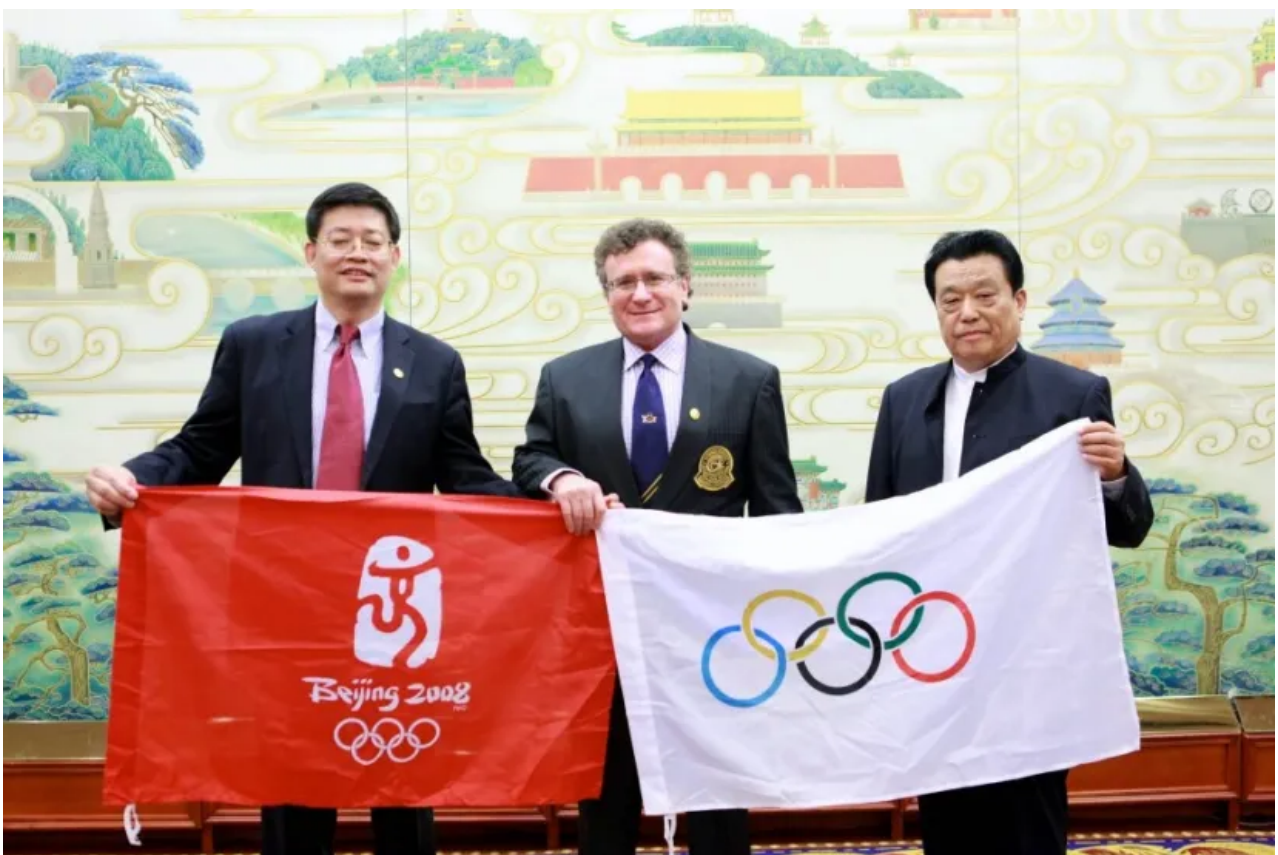
Chairman-A4M -American Academy of Anti-Aging

Chairman of the AAU/USA Sport Medicine Council

Chairman of the World Anti-Aging Academy of Medicine (WAAAM)

International President Emeritus-NASM -National Academy of Sports Medicine





PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION - THE WHITE HOUSE  
WASHINGTON, D.C.

[Dr Goldman Appointment](#)











**PRESIDENT'S COUNCIL ON SPORTS, FITNESS & NUTRITION – THE WHITE HOUSE  
WASHINGTON, D.C.**

**ROLE MODEL EDUCATOR & SPORTS INDUSTRY INNOVATOR**

Dr. Goldman has been in the forefront of the Sports Industry since the 1970's with Associations with Governor Arnold Schwarzenegger, Jack LaLanne, Dr. Ben Weider and Organizations such as the International Olympic Committee, International and World Body Building Federations, AAU(Amateur Athletic Union), International Medical Commission and Martial Arts Organizations Internationally. Dr. Goldman has written numerous books on doping in Sports, been on Television countless times and founded the NASM Personal Fitness Trainer Certification Courses Internationally which has standardized the Industry.







Dr. Bob has involved with promoting Sports and opportunities for young people to participate in fitness and Sports Competitions, since he himself found refuge in Sports growing up poor in the low income housing projects of New York.



Dr. Goldman went on to develop the 250 Billion USD\$ Anti-Aging Industry through his organizations **A4M** [American Academy of Anti-Aging Medicine](#) and **WAAAM** [World Anti-Aging Academy of Medicine](#), which certifies Medical Doctors and Industry professionals worldwide and has trained over 150,000 health professionals over the last 25 years. He is responsible for the launch of the entire Personal Fitness Trainer certification programs worldwide, which has certified over 800,000 health professionals. Dr Goldman became one of the



largest private shareholders of TARSUS GROUP, one of the World's leading International Conference & Expo Organizers. Goldman went on to Co-found the **TARSUS MEDICAL GROUP** [Medical Conferences and Exhibitions](#)



**INVENTOR – Co-inventor/developer of over 150 Medical Patents.**

He co-founded and served as Chairman of the Board of Life Science Holdings and Organ Inc, biomedical research & development companies which had over 150 medical patents under development, in the areas of brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation technologies. These led to the formation of Organ Recovery Systems Inc. evolving to LifeLine Scientific Inc, a Public Company, which became a world leader in organ preservation and transport. He has overseen Cooperative Research & Development programs in conjunction with the American National Red Cross, NASA, the Department of Defense, Stanford Research Institute and the FDA's Center for Devices & Radiological Health.

**FILM – PRODUCER / EXECUTIVE PRODUCER**







FILM ACTOR / PRODUCER







## FILM – PRODUCER / EXECUTIVE PRODUCER

- 2015 [The Martial Arts Kid 2: Payback](#) (executive producer) ([pre-production](#))
- 2019 [Chinese Hercules: The Bolo Yeung Story](#) (Documentary) (producer)
- 2018 [Father and Father](#) (Short) (executive producer)
- 2018 [Paying Mr. McGetty](#) (executive producer)
- 2017 [Life and How to Live It with Dr. Raj](#) (TV Series) (producer)

2015 [The Martial Arts Kid](#) (executive producer – as Dr. Robert Goldman)

2018 [The Last Operative](#) (post-production) Agent Wells

2018 [Father and Father](#) (Short) Curly

2015 [The Martial Arts Kid](#) GrandMaster (uncredited)

2019 [Chinese Hercules: The Bolo Yeung Story](#) (Documentary) Himself

2018 [Paying Mr. McGetty](#) Himself

2019 BodyGuard Wars (2019)

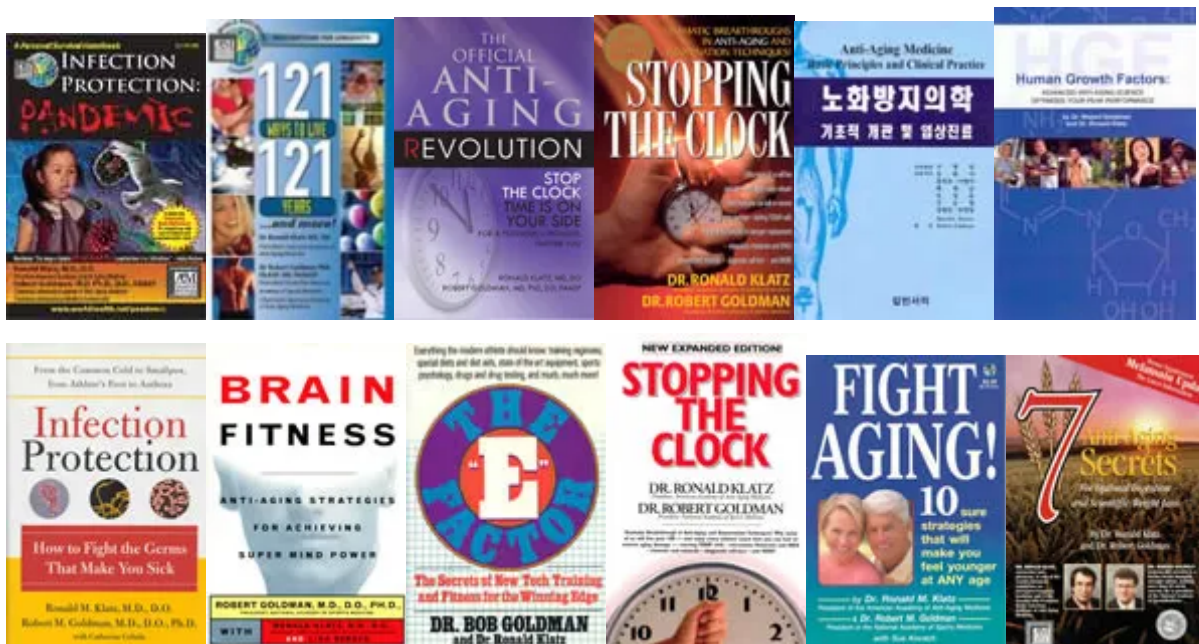
2019 Outlaw Johnny Black (2019)







AUTHOR PUBLISHED OVER 50 BOOKS INTERNATIONALLY







**STRENGTH RECORDS**



[Click here to enlarge](#)



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World Record 321 Consecutive Handstand Pushups



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[Click here to enlarge](#)

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World Record 50 Yard Handstand Sprint Trial



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World Record 161 Consecutive One Arm Pushups

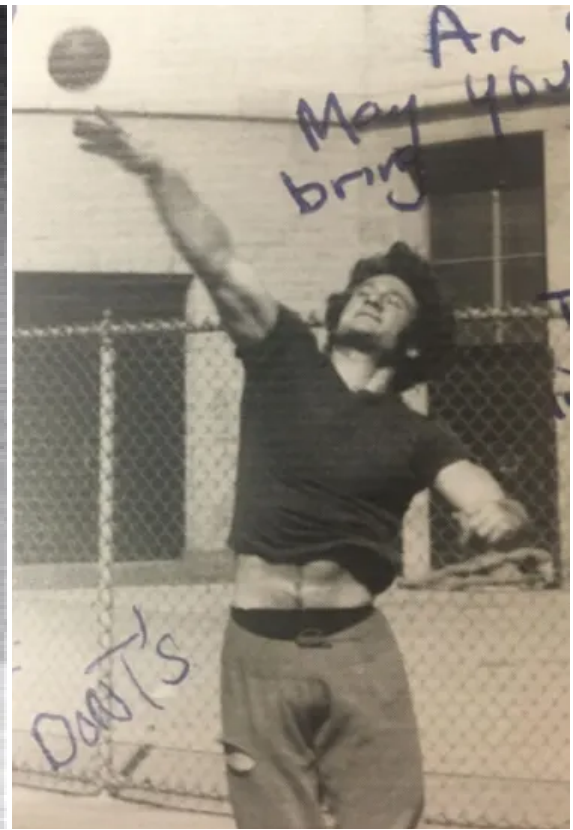
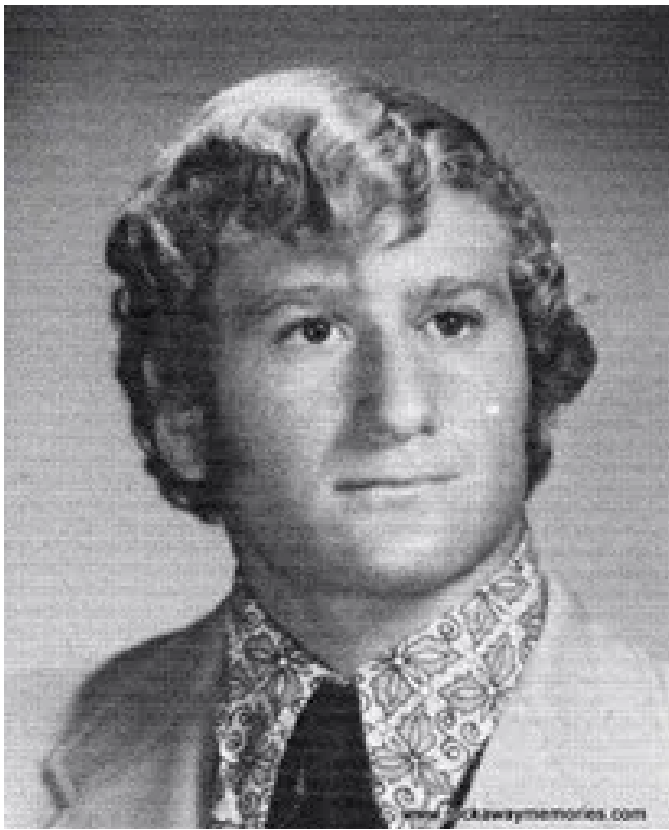
## PHILANTHROPY

Dr Goldman donates 80% of his time in charitable pursuits around the world, supporting sports, fitness, media outreach and medical education for the sports and medical communities worldwide, visiting dozens of nations with a focus on youth mentorship.

## EARLY LIFE & CAREER

[Click for Video] [DR GOLDMAN – LIFETIME OF FIRSTS](#)







Dr Goldman grew up poor in the low income housing projects in New York City. From an early age Dr. Bob excelled in sports and worked his way through college to become a medical doctor and develop an interest in sports training, certification, medical research and sports medicine.

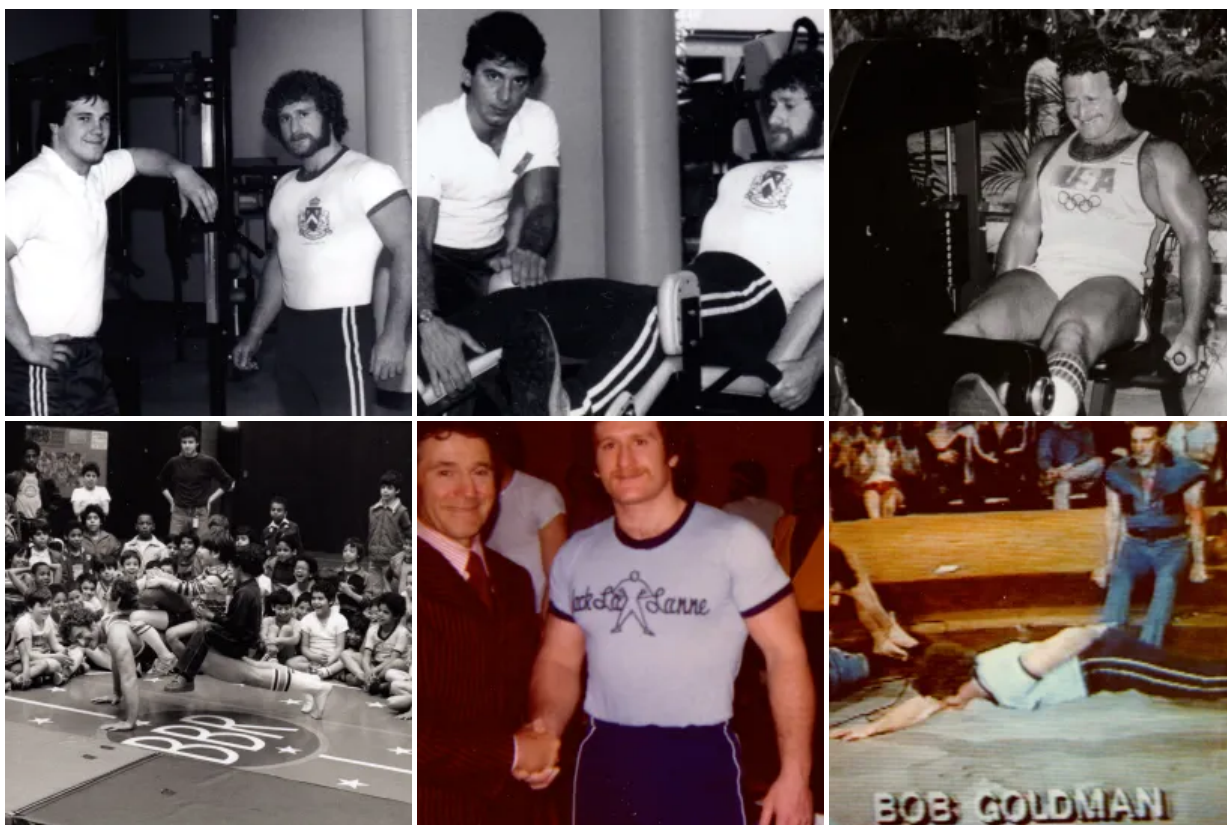
Dr. Goldman is the recipient of the 'Gold Medal for Science, the Grand Prize for Medicine, the Humanitarian Award, and the Business Development Award. Dr. Goldman has also been honored by Ministers of Sports and health officials of numerous nations. The President of the International Olympic Committee awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of Sport & Olympism. Dr Goldman was also awarded the 2012 Life Time Achievement Award in Medicine & Science. Dr. Goldman was also one of the very few recipients of the Healthy American Fitness Leader Award, presented by the United States Chamber of Commerce and President's Council. Dr Goldman was awarded the 2017 Martial Arts Masters Cup and is the 2018 recipient of the Arnold Schwarzenegger LifeTime Achievement Award, being only the 18th such awardee in history. In 2018 as full member of the United States President's Council on Sports, Fitness & Nutrition Council received designation of ' The Honorable ('Hon')' as a Life title in documents signed by the President of the United States and Secretary of State.

Dr. Goldman has served as Chairman of the International Medical Commission for over 30 years, overseeing Sports Medicine Committees in over 190 nations and is Chairman of the IFBB and NPC Medical Commissions. Dr. Goldman also served as Chairman of the AAU/USA Sports Medicine Council, which oversaw several million amateur athletes. He is the founder of the NASM (National Academy of Sports Medicine), the premier fitness certification organization and coined the term CPT (Certified Personal Trainer) and wrote the first certification exam ever done for that profession. He has served as a Special Advisor to the President's Council on Physical Fitness & Sports under several USA Presidents and is founder and international President Emeritus of the National Academy of Sports Medicine (NASM) and Board Member Emeritus for the US Sports Academy and Chairman of their Board of Visitors. The US Sports Academy is the #1 sports academy worldwide. Dr Goldman is also the Co-Founder and Chairman of the American Academy of Anti-Aging Medicine (A4M) with outreach to over 120 nations. A4M is the world's largest Preventative Medicine

and medical conference/exposition organization, that has trained over 100,000 medical specialists since 1992 Dr Goldman Co-Developed the American Board of Anti-Aging & Regenerative Medicine (ABAARM) and American Board of Anti-Aging Health Practitioners (ABAHP) Board Certifications as well as the American College of Sports Medicine Professionals (ACASP) certificate exams and such has overseen Post Doctoral Medical Education programs the last 25 years training over 150,000 Physicians, Medical Scientists & Health Professionals . He is also co-Founder and Chairman of the World Anti-Aging Academy of Medicine and a Co-Founder of the Tarsus Medical Group, which comprises a family of medical conferences and exposition divisions.

### **SPORT MULTI-WORLD CHAMPION**

Dr. Goldman is a 6th degree Black Belt in Shotokan Karate and 7th Degree Black Belt in Tang Soo Do, Chinese weapons expert, and world champion athlete with over 20 world strength records and has been listed in the Guinness Book of World Records. Some of his past performance records include 13,500 consecutive straight leg situps and 321 consecutive handstand pushups. Dr. Goldman was an All-College athlete in four sports, a three time winner of the John F. Kennedy (JFK) Physical Fitness Award, was voted Athlete of the Year, was the recipient of the Champions Award and was inducted into the World Hall of Fame of Physical Fitness, as well as induction into numerous Martial Arts Hall of Fames in North America, Europe, South America and Asia ([www.DrBobGoldman.com](http://www.DrBobGoldman.com)).



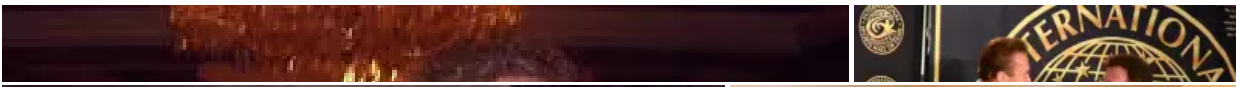
He founded the International Sports Hall of Fame ([www.SportsHOF.org](http://www.SportsHOF.org)), recognizing the world's greatest sports legends, with ceremonies held annually at the Arnold Schwarzenegger Sports Festival-the largest sports festival in the world, with over 200,000 participants, 70+ sports represented and over 20,000 competing athletes, making it double the size of the Olympic Games. Dr. Goldman was the 2018 recipient of the 'LifeTime Achievement Award' presented by Gov Schwarzenegger.



WORLD MEDICAL LEADER IN POLITICAL AND MEDICAL FEDERATION ARENA IN OVER 190 NATIONS





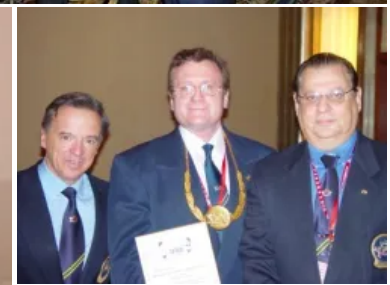
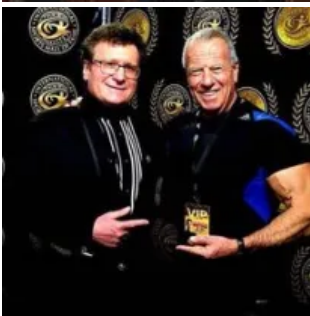
















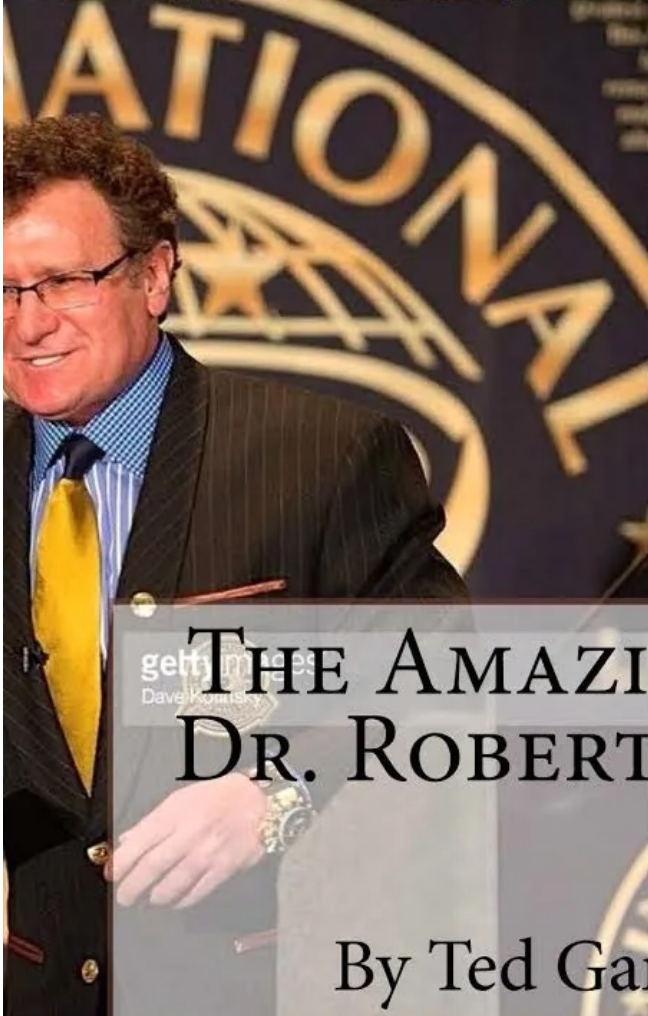












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Dave Kautz

# THE AMAZING LIFE OF DR. ROBERT GOLDMAN

By Ted Gambordella



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