

# HEALTH PRENEUR



**RISK  
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*For Health and Wealth*

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**Tomorrow's Medicine TODAY**

## Dr. Robert Goldman

*Pioneer of Anti-aging and Sports Medicine  
shares his story*



## Spotlight on Dr. Robert Goldman: Pioneer, Philanthropist, Record Breaker

Dr. Robert Goldman needs no introduction, renowned not just for his epic Medical Career; Dr. Goldman went on to develop the 280 Billion US\$ Anti-Aging Industry through his organizations A4M American Academy of Anti-Aging Medicine— he co-created with Dr Ronald Klatz, along with the 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. and the launch of the Personal Fitness Trainer certification programs worldwide, – but also for his philanthropic contributions globally.

Nonetheless it was not always that way, Dr. Bob grew up underprivileged in the low-income housing projects in New York City and this remarkable man navigating a very different bright, and impactful future

### DR GOLDMAN THE HERO

Have you ever wondered: How life would be if the notion of healthy aging or anti-aging was not revealed? Well, thanks to the progressive and forward thinking of Dr Robert Goldman, now we can celebrate healthy aging. Dr Robert Goldman is a hero!





The list of achievements of Dr Bob is incredibly long, but ..... yet incomplete. The significance of each of these accomplishments are substantial and cannot be underestimated. Dr Bob remains enthusiastic, driven and active. One wonders how he found the time? Obviously setting higher goals, with yet even greater work ethics shows when one look through his inventory of achievements.

Dr Bob states: "Several years ago I was profiled in an article in 'Psychology Today Magazine' and then a book – Throw Away Your Vision Board and a sequel Throw Away Your Vision Board Part 2. The purpose was to help people transition from dreaming with a vision board to doing with an action board I've delineated specific ideologies including taking responsibility and not waiting for the universe or a law of attraction to do this for you, focusing on your purpose – your why, establishing principle-based goals, setting a time-line, maintaining a positive outlook, visualizing the future yet being mindful of the process, pre-assessing challenges and available resources, and taking action to make it happen".

#### DR GOLDMAN THE PHILANTHROPIST

Dr Goldman is a legend, living a life of significance, he currently donates 80% of his time to charitable foundations worldwide. His philanthropic contributions in the area of sports, fitness, and health include youth mentorship and medical education for sports and medical communities instrumental in creating an anti-bully program for children. From growing up in the low-income housing projects of New York to becoming a World champion, Dr Bob has been on quite a journey.

#### DR GOLDMAN THE ATHLETE

As a very young athlete Dr Bob was breaking numerous strength and endurance records, and he became a poster boy for gyms and sports health facilities. The owners of the clubs used his photographs on their promotional materials sending it out to hundreds of thousands of people, he appeared in adverts and in The New York Daily News and the New York Post, resulting in him being recognized in the street by members of the public.

Dr Bob is a World champion athlete with over 20 world strength records. His first strength record was set at the age of 14, he is listed in the Guinness Book of records many times. Some of his past performance records include 13,500 consecutive straight leg sit-ups and 321 consecutive handstand push-ups. He has been inducted in every noteworthy Martial Arts Hall of Fame, he has a 6th degree Black Belt in Shotokan Karate and 7th Degree Black Belt in Tang Soo Do. This superstar is also a Chinese weapons expert to name just a few of his sporting achievements, not to mention his three-time winning of the JFK Physical Fitness Award.

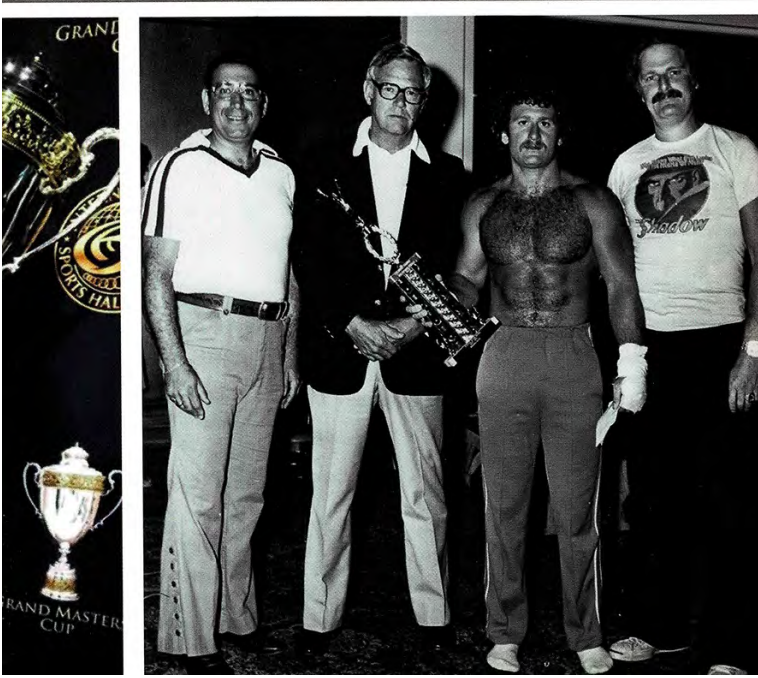
#### DR GOLDMAN THE AUTHOR

Dr Goldman has written over 50 books, the first of which while he was in college. It was inspired by one of his coaches, who was teaching him how to lift weights. His first book Death in the Locker Room: Steroids & Sports, became the number one document to expose the drug use in sports. When Steroids were legal; finding

“Dr Bob is a World champion athlete with over 20 world strength records”







Spotlight

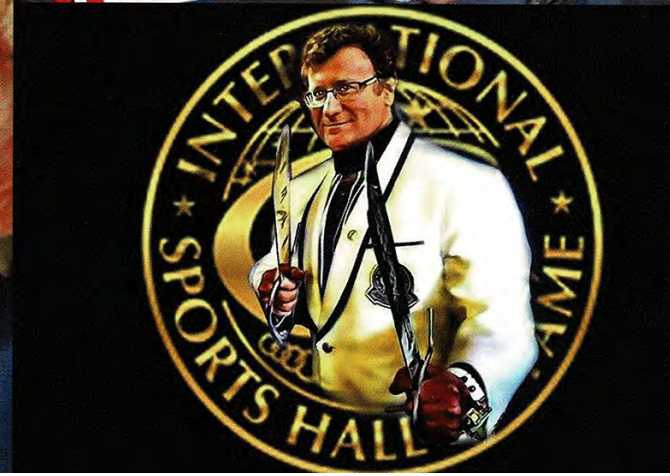
needles and bottles in the locker rooms was not unusual, nonetheless it raised concerns in Dr Bob's scientific mind about anabolic steroids and the role they played in the death of athletes. Dr Goldman spent hours in the library studying them. As a Chairman of the International Federation of Body Builders he worked with the Federation to initiate the very first drug testing protocol.

**DR GOLDMAN THE PHYSICIAN**

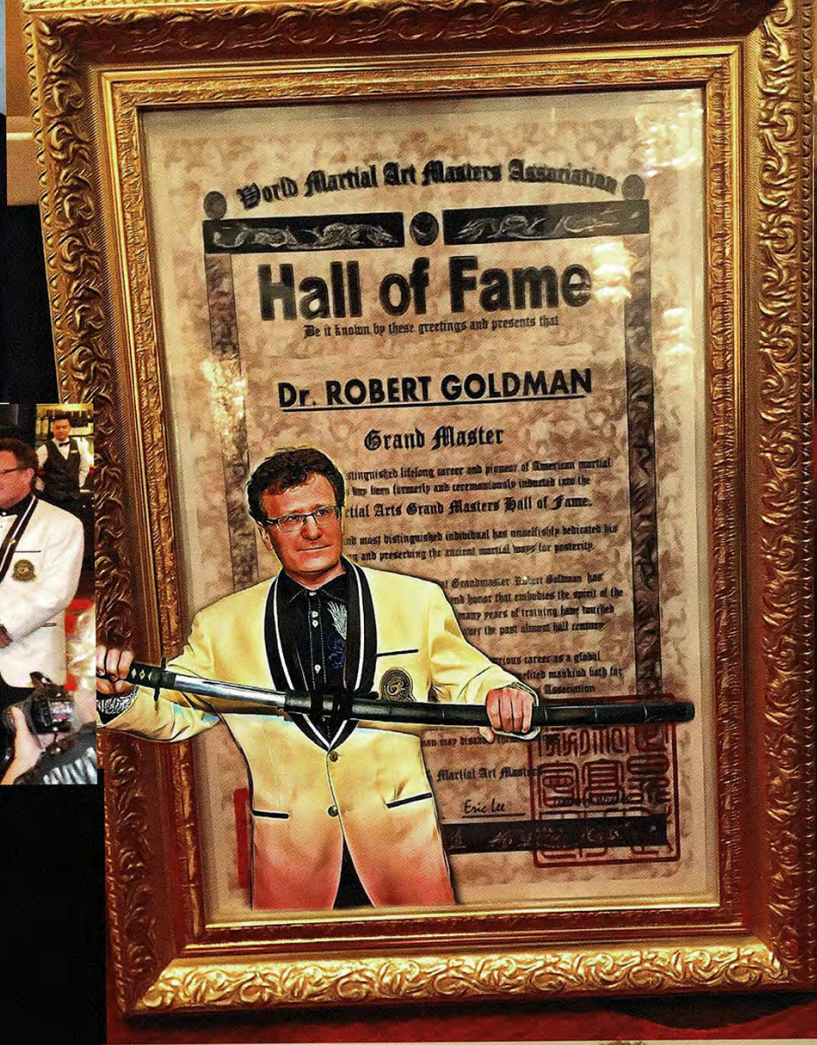
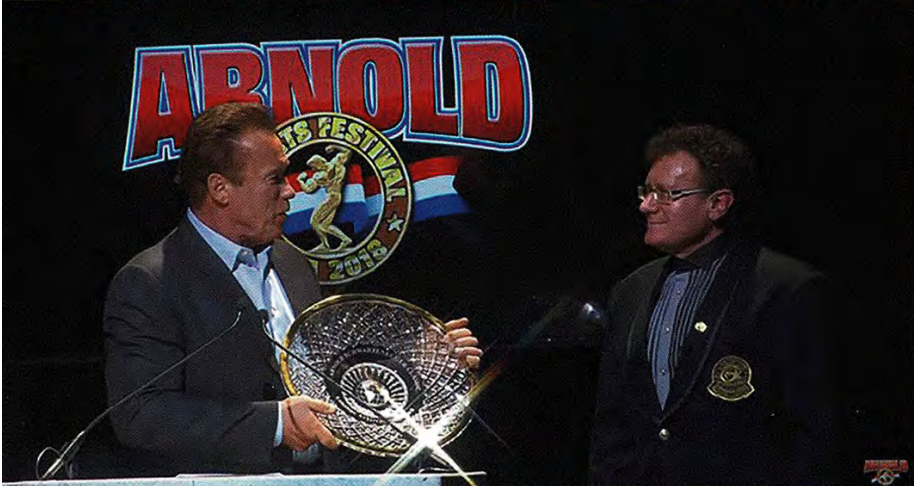
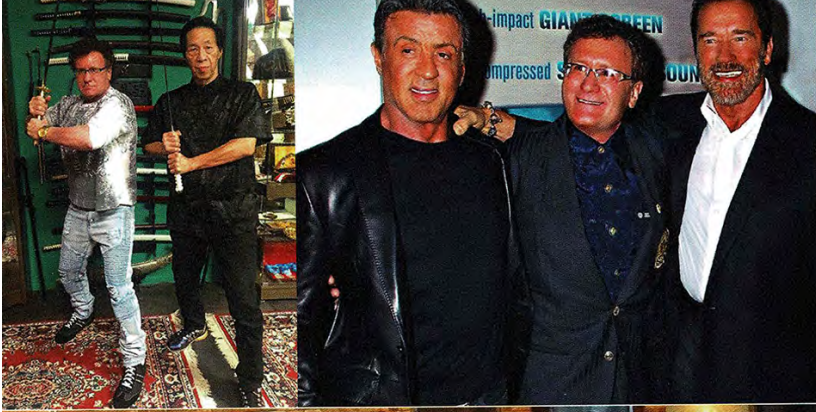
Dr Goldman does not only hold a physician and surgeon medical degrees but two –MD and DO. He also holds PhDs in androgenic anabolic steroid biochemistry and Health Sciences, sports medicine.

One of the main highlights of Dr Goldman's contribution to Medicine is that he led research into brain resuscitation, realizing that while the heart can last for 20 – 30 minutes, the brain only has 5 – 6 minutes before a patient will die. By preserving the brain, patients had a far better chance of surviving. His companies have been very aggressive in growing technology and therefore saving tens of thousands of lives in the areas of organ transplant, blood preservation technologies and emergency medicine, at one time overseeing a patent portfolio of over 150 medical patents.

“Dr Goldman serves the worldwide community”







In 1992 he took twelve doctors, specialists in different fields of medicine to Chicago with the aim of developing medicine for the future. He along with long term research and business colleague Dr Ron Klatz came up with the America Academy of Anti-Aging Medicine-A4M, coining the term Anti-Aging. It has now evolved into the largest preventative medical society in the world, with over 26,000 physicians and scientists as members in over 120 countries. Dr Goldman hosts these meetings in Usa, Brazil, China, Singapore, Indonesia, Malaysia, Korea, Australia, Tiawan, Hong Kong, Germany and Thailand and he is recognized as a pioneer in Anti-Aging & REGENERATIVE Medicine, combining cutting-edge research and the latest medical breakthroughs on longevity with the objective of increasing human life spans. The Anti-Aging market place is now valued at over \$280 billion.

**DR GOLDMAN THE WORLD POLITICAL MEDICAL LEADER**

Dr. Goldman served as a liaison between US and China (Keynote Speaker at Chinese Ambassador's mansion) for the Chinese Merger Acquisition Assoc launch of the USA/China division as well as major political and business Asian organizations. He helped lead the charge of development of the medical industry in China. Dr Goldman was appointed by President Trump as President's Council on Sports, Fitness & Nutrition having now served under three different presidential administrations since the 1990s.

**DR GOLDMAN THE ENTREPRENEUR**

The 1980s saw an explosion in the fitness industry, fitness equipment became very popular, but there was no objective organization to review what it did and how it worked. Dr Goldman



started a project called the High Technology Fitness Research Institute to showcase the positives and the negatives of the different equipment available, to help people understand what was good for them and where they needed to exercise caution. With no certified personal trainers at this time, Dr Goldman wrote the first exam and Certification for personal fitness trainers. Dr Goldman and Dr Ronald Klatz, formed the National Academy of Sports Medicine which is today the most respected name in fitness certification. Dr Goldman is the Chairman of the International Medical Commission, overseeing sports and medicine committees in over 194 countries. He believes that anti-aging medicine is the next generation of sports medicine. It will help to provide peak performance when we get older, helping people to stay strong and fit, by changing the way the aging process takes place. We are living in an exciting time when the impossible is becoming possible. For Dr Goldman health is our most valuable asset.

In 2012 Dr Goldman founded the International Sports Hall of Fame, a non-profit foundation established to honor the world's greatest athletes. The annual ceremonies hosted by Dr Goldman and Gov Arnold Schwarzenegger are held at the Arnold Sports Festival which is the largest sports festival in the world, with over 200,000 people participating and over 22,000 competing athletes.

### DR GOLDMAN THE HOLLYWOOD MOVIE PRODUCER

Dr Goldman is also the owner of the movie producing company Metro Goldman Motion Pictures. He has been the Executive Movie Producer of and starred in a number of action films. His movies have won International acclaim and received dozens of local, national and international awards and have included Martial Arts Kid (2015), Playing Mr. McGetty, Father and Father and numerous others. He is producer of the documentary Chinese Hercules: The Bolo Yeung Story, The Cynthia Rothrock Story, and the TV series Life and How to Live It with Dr Raj and others. He is also the Executive Producer of The Martial Arts Kid 2: Payback, AND OUTLAW JOHNNY BLACK due for release in 2019/2020. Dr Bob annually is Co-Host of the 'Icon Awards'

and 'Legendary Stunt Awards' and the huge Action-On-Film Festival which draws tens of thousands and previews hundreds of new movies and also is Executive Producer of new TV Series 'BodyGuard Wars'.

### DR GOLDMAN IN THE WORLDS OF MARTIAL ARTS & FITNESS

Last year Dr Goldman was the recipient of The Arnold Classic Lifetime Achievement Award. It is presented annually to an individual who has made significant contributions to the fitness industry and provided a lifetime of service to the improvement of sports performance and promotion. He was presented the award by Gov. Arnold Schwarzenegger at the 30th anniversary of the event in March.

### DR GOLDMAN THE INVENTOR

Held over 150 medical patents in the areas of brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation technologies. The first patents in brain and organ resuscitation are now utilized as part of mainstream medicine. He developed organ resuscitation and rejuvenation technologies which are now saving tens of thousands of lives around the world!

### BORN TO STAND OUT

From the low-income housing projects of New York, he forged "against all odds" to his galvanizing, on-the-ground wellness, health sports, and political presence, Robert Goldman is one of the World's true revolutionary figures. He speaks to humankind about showing up and refusing to stay silent

It is impossible to do full justice to the outstanding and incredible achievements of Dr Goldman, the list of which continues to grow. He initially became a doctor to help others, and this he has accomplished beyond bounds in an unselfish and altruistic manner, serving the worldwide community.

