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Entertainment
Events
Fitness
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Recreation
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Appointments
Associations
Awards
Conferences
Consultants
Development
Design
Education
Environment
Equipment
Exhibitions

OLYMPIC AND HEALTH EXPERT TO VISIT AUSTRALIA

24-07-2009

SPORT - FITNESS - WELLNESS - CONVENTIONS

International sports expert and renowned anti-doping authority, Dr Robert Goldman will visit Australia this October to discuss the links between Olympic Sports, Fitness & Ageing.

A staunch advocate of drug-free sport, Dr Goldman has been awarded the International Olympic Committee Tribute Diploma for contributions to the development of Sport & Olympism.

Dr. Goldman is Chairman of the International Medical Commission overseeing sports medicine committees in over 176 nations.

He has served as a Special Advisor to the President's Council on Physical Fitness & Sports. He is also the Chairman of the American Academy of Anti-Aging Medicine and the World Academy of Anti-Aging Medicine and the author of countless books.

Dr Goldman will speak at the AustralAsian Academy of Anti-Ageing Medicine (A5M) Conference in Melbourne on 3rd and 4th October 2009.

Dr Goldman believes that keeping fitness and health at optimum level throughout life will add years to people's lifespans, explaining that "there are many links between Anti-Ageing Medicine, sports medicine, Olympic sports, general fitness and top anti-ageing therapeutics.

"The aim of Anti-Ageing Medicine is not only to slow down the ageing process, but also to keep the body functioning at its optimum level.

"As we age, there is a gradual and consistent loss of lean muscle and bone mass, along with loss of musculoskeletal coordination, balance and kinesthetic capacity. This lecture positions sports medicine as the first endpoint in the process of healthy human augmentation, whereby healthy men and women enhance mental and /or physical performance.

"In addition to deterioration of these systems, the CORE (torso/thorax) loses its ability for flexibility and torsion control.

"There are a series of specific training programs, techniques and exercise regimens that can enhance muscle and bones mass, increase balance and coordination and provide an enhanced feeling of confidence and well being during activities of ambulation.

"Numerous techniques, devices and testing mechanisms are employed by the professional athletes of the US National Football League (NFL), the US National Basketball Association (NBA), and Olympic competitors. The frequency, duration and intensity of these training programs are adjusted to age matched controls for safe and effective progression."

For more information on the A5M Conference 2009 call 03 9813 0439.

<http://www.a5m.net>