



THE AUSTRALASIAN ACADEMY OF
ANTI-AGEING MEDICINE

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BABY BOOMERS SHOULD LIVE LIKE ATHLETES

Baby boomers can reap great benefits from living like Olympic athletes, according to world expert in Anti-Ageing Medicine, Dr Robert Goldman.

As the Chairman of the American Academy of Anti-Aging Medicine and the World Academy of Anti-Aging Medicine, Dr Goldman will speak on the link between Olympic Sports, Fitness and Ageing at the AustralAsian Academy of Anti-Ageing Medicine Conference in October, 2009.

Dr Goldman believes that keeping your body functioning at optimum level throughout your life will add years to your lifespan.

"There are many links between anti-aging medicine, sports medicine, Olympic sports, general fitness and top anti-aging therapeutics," Dr Goldman said.

"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."

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.

In 2001, Excellency Juan Antonio Samaranch awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of sport & Olympism.

"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.

"These techniques can be easily adjusted to suit people of any age to promote optimum health and longevity.

"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," Dr Goldman said.

Dr Goldman will also speak on the links between human longevity and advancements in the biotech fields of, stem cells, cloning, nanotechnology, artificial organs, and nerve-impulse continuity.

For more information on the A5M Conference 2009 go to www.A5M.net or phone

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