

Walter Urban Unofficially Breaks 3rd Guinness World Record

NEWS ALERT Hazleton, PA / Guelph, Ontario –4.29.15:

Two-time Guinness Book of World Records - Weightlifting Record holder Walter Urban sustained a very unusual abdominal injury while preparing for his 3rd World Record. Urban sustained a diastasis of the rectus muscles (split his abdominal muscles).

Diastasis of the stomach rectus muscles is a common occurrence following multiple pregnancies. Due to the amount of pressure sustained during the pregnancies.

During pregnancy the abdominal wall becomes stretched by the rapid expansion of the intra-abdominal contents. In many cases, this results in separation of the two muscles in the midline with the formation of a diastasis. This separation extends from the pubic bone to the rib cage and is especially noticeable when the abdominal muscles are flexed. Flexion typically results in a midline bulge that extends from the pubis to the rib cage.

It's unusual for patients to have abdominal pain when they have a rectus diastasis. Surgical correction is usually performed in combination with abdominoplasty for aesthetic reasons. In extreme cases, pain can indicate a hernia. When intra-abdominal contents herniate through a small abdominal wall defect, pain is a common finding. Under these circumstances, repair is indicated.

At this point no surgery has been planned.

The effort to break another established Guinness World Weightlifting record is the result of team work over long periods of time, supported by 16 years of core work. The effort is to bring attention to the fact **“Age is not a Barrier”** and adults can continue to remain healthy and get stronger longer than even before, well into their 50's and 60's and to stress the fact that **“steroids are not always necessary”** to reach new heights in athletic performance. The goal is to raise awareness and success of “drug free” performance among young amateur athletes around the US and Canada.

Walter is a US Citizen and a landed Canadian immigrant living in Ontario. He was once again independently drug tested for all performance enhancing drugs by Evans OCC Health Clinic in Toronto Canada in conjunction with Health Street NYC and tested negative for all tests. For more information contact Marlene Soligo Bruce at Urban Dynamics, Inc. marlene@urbandynamics.net