

# Walter Urban to Appear Discovery Channel – Daily Planet Super-Size 2015 2<sup>nd</sup> Appearance

NEWS ALERT Hazleton, PA / Guelph, Ontario –4.7.15:

Two-time Guinness Book of World Records - Weightlifting Record holder Walter Urban will appear on the Discovery Channel's Daily Planet May 7<sup>th</sup>, 2015 – as a segment during Super-Size Week. The segment will focus on Urban's attempt at a 3<sup>rd</sup> Guinness World Record in 2015.

This will be Urban's 2<sup>nd</sup> appearance in a segment on The Daily Planet Discovery Channels' flagship science magazine with host Ziya Tong and Dan Riskin. In 2013 Urban appeared in a segment titled, Beyond the Zone. The segment highlighted Urban's ability to get his body to abnormally relax which allows him to accomplish endurance events.

The Daily Planet continues to explore the latest science behind the headline and the coolest developments that impact our lives in every way!

In 2011, Urban broke the then current Guinness Book of World Records, and set the present record for the most amount of weight lifted squatting in one-hour September 15th, 2011 – drug free on ***Live with Regis and Kelly***. Walter's record weight was 127,245 lbs which was accomplished by completing 904 squats in one hour, or 15 squats per minute, at an average weight of 140 lbs for 60 minutes.

September 29th, 2012, 54-year-old current Guinness World Weightlifter Record holder Walter Urban set a 2<sup>nd</sup> Guinness World Weightlifting Record for the "Heaviest Sumo Dead lift in one minute" – lifting 10535 LBS in 60 seconds live on Sports Day in Canada.

Walter lifted a 215 lb weightlifting bar 49 times over the 60 seconds for the 10,535 lbs. and the new record.

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](mailto:marlene@urbandynamics.net)