

Walter Urban Unofficially Breaks 3rd Guinness World Record

NEWS ALERT Hazleton, PA / Guelph, Ontario –4.15.15:

Two-time Guinness Book of World Records - Weightlifting Record holder Walter Urban unofficially set a new Guinness World Record at Goodlife Fitness Club in Guelph Ontario for the most amount of weight conventionally deadlifted in one minute. The attempt was in preparation for an Official 3rd Guinness World Record attempt and record later in 2015.

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