Dr. Lipoff: Arnold Schwarzenegger and Charity

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Some of you may have listened to a video we have re-posted on the Foundation 4 Heroes (F4Heroes) Facebook site in which Arnold Schwarzenegger discusses his rules to success and life. Rule #6: “Always find time to give back” was the premise of the past weekend and the Foundation 4 Heroes attendance at the Kids Expo in Columbus, Ohio.

The weekend didn’t go off quite as expected given the weather induced delayed and cancelled flights which resulted in a last minute dash to Ohio in the storm by car. Most of our team drove 8 to 10 hours to make this event happen and I can’t thank them enough for their dedication.

In no order of importance: Nikki and Brad Davis, Ed Tully, Mike and Laura Batson, Christopher Bradshaw, Shane Burud, Christina Payne, Julie Lipoff, Nickie and Hugh Clark, Sarah Lengfield, Gayle Coles, Alexx Herndon, Bryan and Tiffany Barthelme, Jessica Koehn, Anthony Warneck, Abby Gryskewicz, and myself; all helped orchestrate this mass journey to Columbus. What a team!

Our “Give Back” efforts fell underway on Saturday as I conducted a lecture on the “Benefits of Community Service” and introduced the Foundation 4 Heroes to hundreds of world-renowned doctors and trainers attending the International Chiropractor’s Association Symposium on Natural Fitness and Sports.

We are fortunate to have a strong, committed and wonderful team as this is not an effort or undertaking of one person. When I addressed the 400 people in the auditorium waiting for Arnold Schwarzenegger to arrive, I thanked them profusely as I described their commitment to their cause.

We signed our Foundation 4 Heroes poster using our favorite “Arnold quotes” and presented it to him as an acknowledgement for our appreciation of his community work including the “After-School All-Stars.” On the frame matting it read – “Always find time to give back.”

Ironically, Schwarzenegger spoke to the audience about community work which served as a great segway to the formal introduction of the Foundation and my presentation.

Also in attendance were Kianna Tom and Rick Valente of ESPN’s Body-Shaping show from the 80’s. They were given awards for their long careers and efforts to help make people understand the importance of fitness and eating healthier. I was the recipient of the “Arnold Legacy Award” in recognition of my promotion of health, wellness and fitness, but also my Inspiration to others,” which was a true honor.

The Kids Expo, which took place concurrently, was a new event this year and Foundation 4 Heroes was thankful for the invitation to participate and was overwhelmingly well received. They made numerous contacts: Larabar, Zone Bars, Quest Bars, Make-A-Wish, Chick-Fil-A, Chuck E Cheese, Omega Man Schools and many more who offer great promise to supplement and support their mission.

Alexx, their team’s truest hero, was a superstar ambassador, speaking to everyone and anyone. She even captivated the attention of the President and CEO of Make-A-Wish. She bypassed meeting Arnold and getting her picture taken with him to come and support the team’s efforts at the Kids Expo. Alex is an unstoppable force with a contagious spirit. She is an inspiration to all who meet her, having battled cancer twice; she has a warrior soul and a Miss America smile.

We ran into Rick “Nature Boy” Flair and were able to speak with him about the Foundation 4 Heroes. Thanks to former wrestler and friend, Big Gene Snitsky, we were also able to speak with the one and only Hulk Hogan about the Foundation and get a few funny pics. As a long-time fan it was exciting but most importantly it was a great opportunity for the Foundation.

Hulk Hogan has retweeted what we do and knew that I dressed as his iconic wrestling character for a good, charitable purpose. We had some funny moments while I impersonated him in front of hundreds. If you look at the photo on the podium you will see our brochure. It was an over-the-top opportunity to make contact with like-minded folks who also want to “give back.”

I later was offered a chance to speak with WWE personnel – a great privilege. We truly hope to work with some of their tremendously-gifted and caring athletes in the not-so-distant future.

Thank you all for your continued support.

March 28th we will be at the Easter Egg Hunt at the St. Mary’s County Fairgrounds, Big Larry’s for an autograph session and The REX for a Superhero/Super-fun Costume Extravaganza. Join us.

Remember -- “Even Heroes Need a Hero.”

Dr. Jay M. Lipoff is the owner of Back At Your Best Chiropractic & Physical Therapy, LLC, which is located in the Wildewood Shopping Center. Dr. Lipoff is also the author of “Back At Your Best: Balancing the Demands of Life With the Needs of Your Body.” It is available in book and Kindle format at Amazon.

He received his Bachelor of Science degree from Syracuse University in 1990, a Doctorate of Chiropractic (D.C.) from New York Chiropractic College (NYCC) in 1994 and he became a Certified Fitness Trainer (CFT) in 2005.

Dr. Lipoff is an Executive Board Member, International Chiropractic Association Council on Fitness and Sports Health Science; won the 2015 Arnold Schwarzenegger Legacy Award for his community work; has a radio segment: Back At Your Best in 5 Minutes or Less, President and Founder; Foundation 4 Heroes, Contributing writer, Huffington Post’ Co-Founder, Drug Free Training USA; Member, NY Strength-promoting the importance of physical conditioning; Board Member of Public Relations Committee, Maryland Chiropractic Association; has spoken on nationally broadcasted radio interviews, has articles in print and referenced in over 150 print papers, magazine and on websites, President, Wildewood Business Network-promoting better business relations and community outreach.