



AGE 69

DONALD

“SPIDERMAN” THOMAS

HEALTHY AGING • ATHLETIC NUTRITION • NEW JUMP SWING

Five decades of applied longevity practice - from Brownsville, Brooklyn, New York to Hawaii - beginning in 1977.

Three-time Guinness World Record holder • Award-winning nutrition author • American Heart Association Master Teacher and Master Performer • Executive and nonprofit leader

HEALTHY AGING YOU CAN EXPERIENCE IN MOTION

THE POSITIONING

Donald “Spiderman” Thomas brings a rare combination of documented history and present-day physical practice: vegetarian athletic nutrition since youth, the Philosophy of Divine Nutrition (PDN) since 1977, three Guinness World Records in public speaking, decades of New Jump Swing development, and more than two decades of service with the American Heart Association’s Jump Rope for Heart program in Hawaii.

His central message is simple: healthy aging should preserve function. The purpose of his demonstrations is not performance for its own sake, but to show how adaptable movement, nutrition and recovery practices can help people preserve mobility, coordination, endurance and confidence across the lifespan.

MEDIA HOOK

What if healthy aging were not simply something you observed in someone else - but something you could actively experience through movement, nutrition, recovery and adaptable daily practice?

AVAILABLE FOR

Podcasts • Corporate presentations • Executive fitness • Healthy-aging events • Colleges • Community and minority-health programs
newjumpswing.org | longevity@newjumpswing.com | 808-345-6538

THE STORY

FROM BROWNSVILLE, BROOKLYN, NEW YORK TO A FIVE-DECADE LONGEVITY PRACTICE

A SYSTEM BUILT THROUGH EXPERIENCE

Raised in Brownsville, Brooklyn, New York, Donald Thomas developed severe Osgood-Schlatter disease as a young man and underwent major knee surgery. Rehabilitation, nutrition, martial-arts philosophy and the search for sustainable physical capability became lifelong subjects rather than short-term interests.

At nineteen he adopted vegetarianism. In 1977 he published *The Philosophy of Divine Nutrition*, integrating nutrition, physical discipline, ethics, and personal responsibility. Out of *The Philosophy of Divine Nutrition* came PDN Vegetarianism and the New Jump Swing jump rope exercise system.

FIVE-DECADE TIMELINE

1977 — *The Philosophy of Divine Nutrition* published; PDN foundation established.

1978 — **93-hour sermon, *The Philosophy of Divine Nutrition*. Listed in the 1980-1984 Guinness Book of Records.**

1985 — **19-hour 25-minute after-dinner speech, *The History of Herbs in Maintaining Physical Fitness*. Listed in the 1986-1987 Guinness Book of Records.**

1986 — *The Way of P.D.N., The Ultimate Vegetarian Athletic Nutrition Program* published.

1988 — **30-hour after-dinner speech, *Vegetarian Athletic Nutrition*. Listed with the adjacent photograph in the 1989 Guinness Book of Records.**

1992 — *New Jump Swing: Record-Breaking Jump Rope Program for Fun, Fitness and Cross-Training* — published.

20+ YEARS — American Heart Association Jump Rope for Heart Hawaii; Celebrity Chairperson, Master Teacher and Master Performer.

TODAY — **PDN New Jump Swing Longevity Institute — movement, healthy aging, athletic nutrition and lifelong physical function.**

2011–2026 — ***New Jump Swing: Healthy Aging and Athletic Nutrition Program* — Foundational instructional text of the PDN New Jump Swing Longevity Institute.**

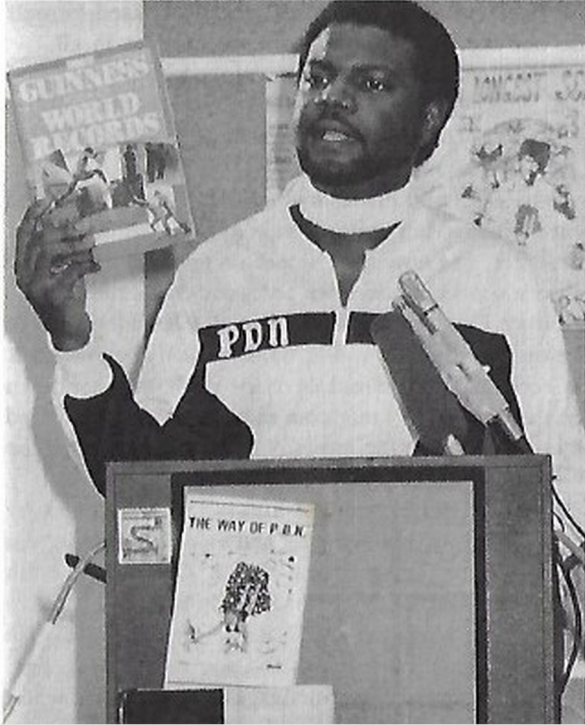
THE THROUGH-LINE

The records, books, teaching and movement work provide the background for a practical question relevant to every audience: how can nutrition, endurance, coordination, recovery, adaptability and purpose help people preserve physical capability across the lifespan?

HEALTHY AGING FIRST. MOVEMENT AS A TOOL FOR LIFELONG CAPABILITY.

GUINNESS WORLD RECORDS

DOCUMENTED ENDURANCE • PUBLIC HEALTH EDUCATION



LONGEST AFTER-DINNER SPEECH: Donald Thomas, speaking at City College of New York, talked for 30 hours, April 1 through 3, 1988. His subject was vegetarian athletic nutrition.

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THREE-TIME GUINNESS WORLD RECORD HOLDER

1978 — 93-hour sermon, The Philosophy of Divine Nutrition. Listed in the 1980-1984 Guinness Book of Records.

1985 — 19-hour 25-minute after-dinner speech, The History of Herbs in Maintaining Physical Fitness. Listed in the 1986-1987 Guinness Book of Records.

1988 — 30-hour after-dinner speech, Vegetarian Athletic Nutrition. Listed with the adjacent photograph in the 1989 Guinness Book of Records.

WHAT THE RECORDS DEMONSTRATED

Thomas used marathon public speaking as an educational endurance demonstration built around the health, nutrition, and fitness material he was teaching. His books, *The Philosophy of Divine Nutrition* and *The Way of P.D.N., The Ultimate Vegetarian Athletic Nutrition Program*, represent the subject matter of his three Guinness Book world records.

Those records serve as historical evidence behind a broader message: sustainable habits, preparation, adaptability, and recovery can be applied to the pursuit of lifelong physical capability.

After each record, he gave a brief jump rope demonstration. Rather than asking audiences to duplicate extreme endurance feats, Thomas used those demonstrations to open a practical discussion about balance, timing, coordination, preparation, recovery, and how physical capacity can be developed and preserved.

WHY THE 1988 IMAGE MATTERS

The historical photograph documents Thomas during the 1988 record on vegetarian athletic nutrition. Its purpose in this kit is not simply to show what he accomplished, but to document the long-term continuity behind a program now focused on helping others pursue healthier, more capable aging.

GUINNESS RECORD ERA: AGE 35 | 1988

NEW JUMP SWING

MOVE • NOURISH • THRIVE



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THE PURPOSE

The purpose of New Jump Swing is for fun, fitness, and cross-training. The point is not that healthy aging requires maximal athletic performance. The point is that movement can be scaled to the individual and used as a practical tool for maintaining function, independence, and physical confidence. Thomas continues to engage in New Jump Swing demonstrations designed for all ages and fitness levels.

MOVE

Use New Jump Swing principles to make movement more adaptable: swinging, stepping, rhythm, turns, locomotion and selective jumping can be scaled to ability so participants can work on coordination, balance, endurance and movement confidence without treating nonstop jumping as the only goal.

NOURISH

Use PDN Vegetarianism as an adaptable, whole-food, plant-based nutrition program for supporting sustainable energy, recovery, and long-term physical capability.

THRIVE

Apply movement, nutrition, recovery and mindset practices toward the outcomes that matter in daily life: mobility, balance, coordination, endurance, confidence, independence and the ability to keep participating in activities you value.

BRUCE LEE, ADAPTABILITY & PDN

Thomas's understanding of Bruce Lee's philosophy of Jeet Kune Do, specifically as pertaining to its nutrition section—which stated “build up, break down, and a muscular diet”—together with the principle of adaptability, influenced the development of the Philosophy of Divine Nutrition. The practical lesson for participants is adaptability: observe your response, make appropriate changes, build capacity progressively, and avoid turning health practices into rigid rules.

WHO THE WORK SPEAKS TO

Healthy-aging adults seeking greater mobility and independence • Executives seeking sustainable energy and resilience • Adults returning to exercise • Recreational and endurance athletes • Plant-based audiences • Colleges • Minority-health and community organizations

LEADERSHIP & COMMUNITY SERVICE

A HEALTH EDUCATOR WITH AN EXECUTIVE AND ADMINISTRATIVE BACKGROUND

EXECUTIVE & ADMINISTRATIVE EXPERIENCE

- Former Executive Director, United Self Help Hawaii.
- Former Statewide Coordinator of Psychosocial Rehabilitation, Adult Mental Health Division, State of Hawaii.
- Former President, Hawaii Protection & Advocacy Agency Board of Directors.
- Social Security Disability Advocate / Paralegal, Legal Aid Society of Hawaii, 2009-2019; retired.
- Paul Harris Fellow Rotarian; Board Member, Waikiki Rotary Club; inactive; District 5000.

PUBLIC HEALTH, EDUCATION & COMMUNITY SERVICE

- More than two decades as Celebrity Chairperson for the American Heart Association's Jump Rope for Heart program in Hawaii, with statewide school and community presentations.
- Recognized as a Master Teacher and Master Performer in rope jumping by the American Heart Association.
- Public health advocate addressing minority health disparities, healthy aging, nutrition, and physical fitness for 50 years. All three Guinness World Records were established in Harlem, New York.

SELECT PROFESSIONAL ASSOCIATIONS

- Dick Gregory / Cernitin America - product and nutrition presentations, television work, Roosevelt Hotel presentation in New York, and minority-health education.
- FMALI Wildcraft Herbs - sponsor of the 1985 after-dinner speech and early importer of Chinese herbs.
- Bee Pollen from England - sponsor of Thomas's doubles-with-a-crossover jump rope technique, using world-record standards.
- Wilbur Freifeld - attorney and mentor who represented Thomas beginning in 1977; television-industry executive and owner of the Galloping Gourmet trademark.

WHY THIS MATTERS TO CORPORATE & EXECUTIVE AUDIENCES

Thomas does not approach healthy aging only as an athlete. His background in executive leadership, statewide administration, board governance, advocacy and public education allows him to translate health principles into practical strategies for people managing careers, staff responsibilities, stress, recovery and long-term performance.

HELP PEOPLE MOVE BETTER • RECOVER BETTER • AGE WITH GREATER CAPABILITY

MEDIA, PODCASTS & SPEAKING

PRACTICAL CONVERSATIONS THAT TURN A FIVE-DECADE HISTORY INTO USEFUL STRATEGIES FOR TODAY

CORE INTERVIEW & PRESENTATION TOPICS

CAN YOU BUILD HEALTHY AGING BEFORE YOU GET OLD? — Thomas began developing his approach to nutrition and physical conditioning at 19. What can more than five decades of continuous practice teach us about preparing for aging decades before most people begin thinking about it?

WHAT THREE GUINNESS WORLD RECORDS TAUGHT ME ABOUT ENDURANCE — What happens physically and mentally when you speak for 93 hours - or push through other extreme endurance challenges? Thomas discusses preparation, pacing, nutrition, sleep deprivation, recovery, adaptability, and what those experiences taught him about sustainable performance.

VEGETARIAN ATHLETIC NUTRITION - BEFORE IT WAS A MOVEMENT — Thomas was writing and publicly demonstrating vegetarian athletic nutrition in the 1970s and 1980s. What did athletes and health educators understand then, what has science clarified since, and which principles have survived more than 50 years of practical application?

NEW JUMP SWING: WHY JUMP ROPE DOESN'T HAVE TO BE JUST JUMPING — Swinging, stepping, rhythm, locomotion, turns and selective jumping can transform the rope into an adaptable movement system. How can those principles be scaled across ages and fitness levels for fun, fitness, cross-training, coordination and physical confidence?

ATHLETICISM AFTER 70: WHAT SHOULD WE REALLY BE TRAINING FOR? — Instead of trying to perform like a younger athlete, what should physical training accomplish as we age? A conversation about balance, coordination, mobility, recovery, independence and maintaining the ability to do the things that matter.

BRUCE LEE, ADAPTABILITY & THE PHILOSOPHY OF DIVINE NUTRITION — How did Thomas's understanding of Bruce Lee's Jeet Kune Do philosophy - including its approach to nutrition and adaptability - influence PDN? And why can the principle of observing, adapting and refining be more useful than following rigid health rules?

MINORITY HEALTH: WHAT HAPPENS WHEN HEALTH EDUCATION DOESN'T REACH EVERYONE? — Drawing on 50 years of public-health advocacy, Thomas discusses minority health disparities, representation, prevention, nutrition, physical activity and the importance of making healthy-aging information practical and culturally accessible.

EXECUTIVE FITNESS: CAN YOU BUILD A CAREER WITHOUT SPENDING YOUR HEALTH TO DO IT? — What do executive leadership, statewide administration, advocacy and extreme endurance have in common? Thomas explores sustainable energy, stress, recovery, personal discipline and maintaining physical capability while managing careers, staff and responsibility.

WHY DO THEY CALL YOU DONALD "SPIDERMAN" THOMAS? — A natural opening into the personal story behind the name - where it came from, how it followed Thomas through his public work, and why it remains part of his identity today.

INSTRUCTIONAL TEXT

2011–2026 — New Jump Swing: Healthy Aging and Athletic Nutrition Program — Foundational instructional text of the PDN New Jump Swing Longevity Institute.

MEDIA CONTACT

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**PODCASTS • CORPORATE PRESENTATIONS • EXECUTIVE FITNESS • HEALTHY-AGING EVENTS
• EDUCATIONAL PROGRAMS**