



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 • American Heart Association Master Teacher and Master Performer • Health educator with executive and administrative experience

HEALTHY AGING YOU CAN EXPERIENCE IN MOTION

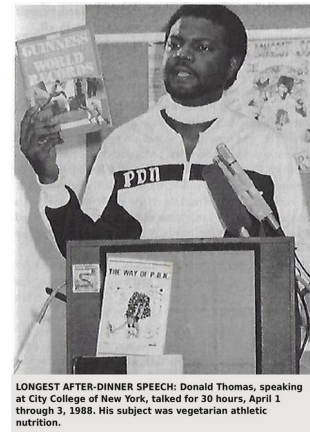
THE PODCAST HOOK

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?

WHY DONALD THOMAS

Thomas brings documented history and present-day practice to the same conversation: vegetarianism since 19, the Philosophy of Divine Nutrition since 1977, three Guinness World Records built around health and nutrition education, 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 message is not that audiences should duplicate extreme endurance or maximal athletic performance. It is that movement can be scaled to the individual and combined with sustainable nutrition, preparation, adaptability and recovery to help preserve function, independence and physical confidence.



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 Guinness World Records established in Harlem, New York

DOCUMENTED GUINNESS RECORDS

1978

93-hour sermon

The Philosophy of Divine Nutrition

Listed 1980-1984 Guinness Book of Records.

1985

19-hour 25-minute after-dinner speech

The History of Herbs in Maintaining Physical Fitness

Listed 1986-1987 Guinness Book of Records.

1988

30-hour after-dinner speech

Vegetarian Athletic Nutrition

Listed with adjacent photograph, 1989 Guinness Book of Records.

NEW JUMP SWING • THE PURPOSE

For fun, fitness and cross-training. New Jump Swing uses swinging, stepping, rhythm, turns, locomotion and selective jumping that can be scaled across ages and fitness levels. Thomas continues to demonstrate the system while emphasizing function, independence and physical confidence rather than performance for its own sake.

newjumpswing.org | longevity@newjumpswing.com | 808-345-6538

CONVERSATIONS BUILT FOR THE HOST TO JUMP INTO

Five decades of applied practice, unusual documented history, and practical questions about how people can move, recover and age with greater capability.

CORE INTERVIEW & PRESENTATION TOPICS

- **CAN YOU BUILD HEALTHY AGING BEFORE YOU GET OLD?** Thomas began 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** Preparation, pacing, nutrition, sleep deprivation, recovery and adaptability - and what extreme endurance taught him about sustainable performance.
- **VEGETARIAN ATHLETIC NUTRITION - BEFORE IT WAS A MOVEMENT** What did athletes and health educators understand in the 1970s and 1980s, what has science clarified since, and which principles have survived 50 years of practical application?
- **NEW JUMP SWING: WHY JUMP ROPE DOESN'T HAVE TO BE JUST JUMPING** How can swinging, stepping, rhythm, locomotion, turns and selective jumping become an adaptable movement system for fun, fitness, cross-training and physical confidence?
- **ATHLETICISM AFTER 70: WHAT SHOULD WE REALLY BE TRAINING FOR?** 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 Jeet Kune Do - including its approach to nutrition and adaptability - influence PDN, and why can adapting and refining be more useful than rigid health rules?
- **MINORITY HEALTH: WHAT HAPPENS WHEN HEALTH EDUCATION DOESN'T REACH EVERYONE?** Drawing on 50 years of public-health advocacy: disparities, representation, prevention, nutrition, physical activity and making healthy-aging information practical and accessible.
- **EXECUTIVE FITNESS: CAN YOU BUILD A CAREER WITHOUT SPENDING YOUR HEALTH TO DO IT?** Sustainable energy, stress, recovery, personal discipline and maintaining physical capability while managing careers, staff and responsibility.
- **WHY DO THEY CALL YOU DONALD "SPIDERMAN" THOMAS?** Where did the name come from, and what does it reveal about the personal story behind the public work?



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A HEALTH EDUCATOR WITH AN EXECUTIVE & ADMINISTRATIVE BACKGROUND

- Former Executive Director, United Self Help Hawaii
- Former Statewide Coordinator of Psychosocial Rehabilitation, State of Hawaii
- Social Security Disability Advocate / Paralegal, Legal Aid Society of Hawaii, 2009-2019; retired
- Paul Harris Fellow Rotarian; former Board Member, Waikiki Rotary Club, District 5000
- American Heart Association Master Teacher and Master Performer in rope jumping
- Public health advocate addressing minority health disparities, healthy aging, nutrition and physical fitness for 50 years

INSTRUCTIONAL TEXT

2011-2026 - New Jump Swing: Healthy Aging and Athletic Nutrition Program

Foundational instructional text of the PDN New Jump Swing Longevity Institute.

AVAILABLE FOR PODCASTS • CORPORATE PRESENTATIONS • EXECUTIVE FITNESS • HEALTHY-AGING EVENTS

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