

# Martial Arts can SAVE America: Health Fitness Family Values Self Defense and Life Skills

*Back to School Activity: Martial Arts instills confidence, work ethic, discipline, respect, leadership, and teamwork. Builds the will to work and win in life.*

COLUMBUS, OH, UNITED STATES, August 23, 2017 /EINPresswire.com/ -- [Martial Arts can SAVE America](#). Through Health, Fitness, Self-Defense & Traditional Core Values

Dr. Robert Goldman and Robert Fletcher share their thoughts with America's Next Great Trainer (ANGT) Magazine on the McGregor vs. Mayweather fight and the unfortunate misrepresentation of Martial Arts. Now more than ever, America needs Martial Arts., which instills discipline, work ethic, respect, honor, humility, leadership, and teamwork while building confidence, self-esteem, positive attitudes and a will to win in life. Additionally, one learns the value of health, fitness and self-defense.

- 160,000 children stay home from school each day as a result of bullying
- 83% of girls and 79% of boys report being bullied in school or online
- Children who are overweight are more likely to be primary targets and victims of bullying



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Great trainers, coaches and instructors make a difference. They have the passion, knowledge, skills and ability to change your life. They educate, and motivate others to be the very best they can be.”

*Rob Fletcher*

- Childhood obesity has more than doubled in children and has quadrupled in adolescents in the last 30 years (CDC)
- \$147 billion dollars is spent in healthcare costs annually to combat obesity

Fitness programs were required in every school in the past; unfortunately, many schools now have no mandatory fitness programs. Martial arts is a complete health and fitness activity; even more important, it reinforces life skills and positive social interaction. Look at the epidemic of childhood

obesity, childhood diabetes, and all the other health issues that we now see affecting our young people. This is just yet another result of a very unhealthy, unfit, and dysfunctional generation. We could turn the tide to get them healthier, stronger and smarter instead of heading in the wrong

direction currently.

We are big fans of MMA and UFC. But look at the publicity regarding the much anticipated Mayweather vs. McGregor fight. The way that this particular fight is being portrayed in the media is not setting the right kind of example. And it is not limited to this particular high profile event, but similar ones also. Individuals are using foul language and showing a complete lack of respect for each other. It sets a terrible example for our young people and only contributes to the dysfunction that we already see in society within that population.

In the martial arts world, children are taught respect: respect for each other, respect for their elders, family and respect for their teacher. They in turn often want to become teachers of others, which is what makes martial arts so very unique and one of the most remarkable groups of people on the planet. Everyone becomes a teacher; tradition and passing that tradition down to the next generation is critical.

Currently, we are in a dysfunctional society of young children. These days, they are not outside playing with their friends and doing 'kid' things. They are sitting at the dinner table with their families, looking down at their phones and texting each other across the table. This is insane. This lack of interpersonal communication is adding to this terribly dysfunctional generation. It will only become worse as these devices become more and more embedded in their lives, to the point where many young people cannot do simple addition without assistance of a device. They will do everything on their phone because they are so dependent.

In a traditional martial arts center (also known as a Dojo), children are taught levels of respect. The parents as well as children in the family are ALL involved in this passing on of the tradition and values of the martial arts. This is a very big part of what is really wrong with society today. The whole sense of family, tradition, and respect is just being thrown in the garbage and it is not being carried forward or paid forward. We see this as really destructive force, and fear for what this generation will end up becoming. Let's turn the tide!

#### About Rob Fletcher

Rob Fletcher is listed in the AMAA Who's Who of Martial Arts. His is also the author of America's Next Great Trainer Transform Your Life. Additionally, he is the Founder of America's Next Great Trainer and Creator of Start Strong Stay Strong, sdi7 HIIT and Self Defense Workout for Women. Rob is a Black Belt, self-defense and fitness expert.

#### About Dr. Robert Goldman

"Great trainers share their passion and knowledge everyday. A loyal commitment to bring out the absolute very best in their members, and clients. There is no greater satisfaction than knowing you had a positive impact. That you made a difference, and changed someone's life for the better."

—Rob Fletcher  
Author of ANGT  
America's Next Great Trainer

ANGT BE PART OF IT! AMERICA'S NEXT GREAT TRAINER  
INSPIRING OTHERS TO LIVE POSITIVE, HEALTHY, FIT, CONFIDENT AND STRONG!  
Order Your Book Today! (Available on Amazon and Kindle)

Whether the goal is to lose 20 or more pounds, overcome an injury, win an athletic scholarship, build confidence and self-esteem, or achieve the dream of winning an Olympic gold medal, Great Trainers make it happen! They are the greatest asset to a happier, healthier and stronger America. This book will share my story, workouts, advice, tips, and empowering stories of transformation from some of the most respected names in health, fitness, medicine, sports performance, nutrition and motivation.

Foreword by Dr. Nicholas DiNubile  
Read this book. Change your body, change your mind... change your life! —Reviewed by Dr. Nicholas DeLuca, Best Selling Author, Renowned Orthopedic Surgeon, Chief Medical Officer, ACS American Council on Exercise

Looks like you have a Winner!...Dr. Fred Hatfield aka Dr. Squat, President of the ISSA International Sports Sciences Association.

"Rob basically took his own soul and put it into my son's future."  
—Sue Quillen

"With Rob it wasn't just about fitness, it was about growing as an individual!"  
—Loretta Young

If we had more of you, we would live in a better world. Your devotion, your motivation, your love, your commitment gives me goose bumps! I can feel it all, all the way to California!"  
—Nat Bardonnet, Celebrity A-List Trainer for Halle Berry & Robert Downey, Jr.

"Rob was one of the first to spot the MMA/Bodybuilding community connection and it's been a sound marriage ever since!"  
—James Byrns, Owner Glory Commerce, Executive Consultant for Marketing & Communications - UFC (Ultimate Fighting Championships)

"Simply amazing! Honored to be involved!"  
Dr. Wayne Westcott Strength Training Consultant to leading organizations such as ACSM, ACE, AFA, and the National Youth Sports Safety Foundation.

ANGT AMERICA'S NEXT GREAT TRAINER  
FOR MORE INFO VISIT: ANGT.TV

Holds over 20 World Strength Records, is a 6th Degree Black Belt. Author, of over 45 books and is International Medical Chairman overseeing sports medicine committees in over 190 nations. His websites are: <http://www.drbobgoldman.com/> and <http://sportshof.org/> [www.worldhealth.net](http://www.worldhealth.net)

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