



## Felipe Pomar Discusses Surf Till 100 Health Is Wealth

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Felipe Pomar has been surfing for most of his life. The over 70 year old is the co-founder of Surf Till 100 and the first World Surfing Champion who is originally from Peru. The longtime resident of Kauai, Hawaii is still charging big waves all over the Pacific and has dedicated himself to being an example of good health practices and the development of the heart of a Champion to help others to achieve their own dreams.

Friend and co-founder of Surf Till 100, Tom Woods recently spoke about Pomar and his life, saying, ?Felipe is a phenomenon. He is over 70 and still surfs like a 20 year old. He follows his heart and focuses on being the epitome of healthy practices, which is something that we should all strive to do.?

Pomar has dedicated his life to making a positive difference in the lives of others. This is a journey that he says began at just 19 years of age. ?My goal was to travel to Hawaii and to ride the biggest waves in the world,? Pomar says. ?Along this journey, there have been people dedicated to health and fitness and their knowledge would help me along my way.?

Pomar?s story continues through the 1950s when he developed his fitness discipline. He set records in surfing competitions and ultimately faced hard times physically during his fifties. He says that these were hard years for him, being diagnosed with an incurable disease. ?The doctor literally said that there was no cure for

the disease because they did not understand it,? Pomar says. ?But there was an experimental drug that could help, although this drug has caused some worsening symptoms, including instant blindness, and I simply could not take that chance.?

Pomar suffered a number of setbacks during his fifties, including prostate inflammation, kidney stones, hernias, shingles and many other illnesses. He says that an old friend and physician advised him to stop surfing altogether, something that he was not at all prepared to do. Pomar says that he convinced himself that there was another solution, and he found it. Over the next two decades, he traveled the world and learned everything that he could about fitness from books, seminars and people. Today, Pomar and Woods share their knowledge of fitness and health with people from all over the world. He says that their plan is to teach and inspire surfers of all ages to live their healthiest lives possible.

Along with Surfing Hall of Fame Inductee and co-founder Jeff Hakman, Pomar and Woods are creating a community of like-minded individuals, all of whom enjoy surfing for the spiritual and physical benefits that it offers. Pomar says that they believe that everyone has the opportunity to become healthy individuals; happy and successful people who can come together to make the world a better place for all. Pomar says that one thing that he stresses to others is that traditional medicine is expensive and that it does not always work. He says that while many pharmaceutical companies will develop medicines to treat illnesses, these medications can often make symptoms worse and many consumers simply cannot afford them. He adds that becoming healthy and staying healthy is often a mindset and that anyone has the ability within them to conquer their illness and live a healthier and happier life.

This is the message that he Hakman and Woods focus on in their Surf Till 100 Health Is Wealth program. Those who have questions or who would like to learn more about Pomar?s story or Surf Till 100 can visit the company on their official website. The website outlines Pomar?s achievements throughout his surfing career and the illness that nearly forced him to give up the sport that he loves as well as what he did to get back on his feet. Those who are interested in learning more can read through specific details about the program on the company?s website or contact them directly with any questions by phone or by email. For more information visit [www.surftill100.com](http://www.surftill100.com)

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*We help others to develop the Champion within with the Champions approach to Mastering the Basics of Life*

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