

TOM FABBRI

Adventurer | Wellness Coach | Life Wrangler

"To give totally in the pursuit of ones purpose is the ultimate gift to self and mankind"

FOR IMMEDIATE RELEASE...

EPIC CLIMB ACCOMPLISHED!

Local adventurer successfully reached the highest peak in Antarctica, Mt. Vinson Massif

EVER WONDERED WHAT IT'S LIKE TO JOURNEY TO THE COLDEST PLACE ON EARTH? HOW ABOUT CLIMBING A MOUNTAIN THERE? TOM FABBRI DID BOTH!

On December 7, 2016, Tom was standing at 16,067ft on the top of the bottom of the world. The author, speaker, and life wrangler checked off #6 of the Seven Summits. This puts Tom one step closer to his quest to become the 12th American to complete the Adventure Grand Slam, climbing the Seven Summits and skiing to the North Pole and skiing to the South Pole.

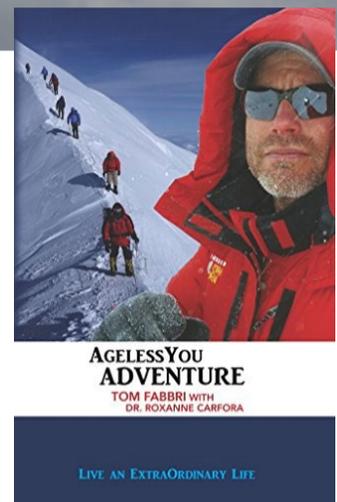
Tom trained and planned for this adventure for most of 2016. Although Mt. Vinson Massif was not his first climb, it proved to be different from the others due to Antarctica's brutal climate. Case in point...in July 1983, a record low temperature of -128F was recorded!

"This wasn't the tallest mountain I have summited," explains Tom, "but it was by far the coldest. We experienced -20F and colder. This climb tested my resolve, emotionally and physically, more than any other. We faced a storm with hurricane force winds of 80 to 90 miles an hour, a mishap that took our team from almost 12,200ft back down to 9,200ft, and physical pain that cast doubt on whether I would make it to the summit. This climb definitely pushed me beyond fear, doubt, pain, and the elements to see the top of the highest point on the continent of Antarctica!"

Pushing the limits is exactly what Tom excels at. He is an author, health and wellness expert, public speaker and tireless advocate of pursuing your dreams – whatever they are – with passion. His books, Ageless You and Ageless You Adventure, all embrace the adage that age is just a number, and to enjoy life while seeking your best self.

"Extreme adventures are certainly not for everyone – but you have to be prepared to face any kind of challenge, regardless of age. I believe an extreme adventure reveals exactly who you are, demanding the most of your physical, psychological, and perhaps even spiritual selves."

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TOM'S BOOK

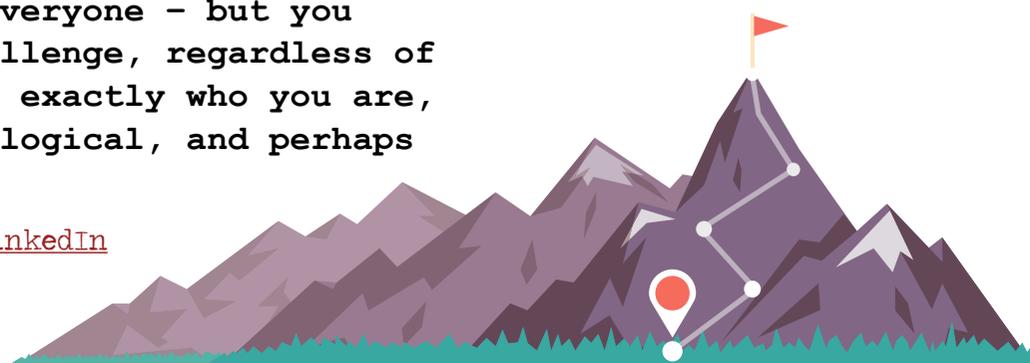
AGELESS YOU ADVENTURE

AVAILABLE ON AMAZON NOW!

"This is my second book in a series that will change your thinking on how to become "ageless". I use examples from my own life and adventures to show you that it is possible to live your dream life. This book is a simple guide to start your own journey toward health, happiness, and a life of adventure...whatever that looks like for you."

For more information, or to schedule an interview with Tom Fabbri, contact:

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ABOUT TOM

From climbing the world's Seven Summits, to diving with great white sharks...**Tom Fabbri** understands that if you're going to wrangle life, you have to DARE to dream first! The author and inspirational speaker offers his unique insight to motivate and inspire others and, at the same time, continues his own journey on his ageless adventure.

Tom's world wasn't always a grand adventure. If there's a motto for learning the hard way, going to the school of hard knocks, Tom did it. Like many in their early years of life, Tom lacked direction and motivation. He got caught up in alcohol and drug use, filed for bankruptcy, spent time in jail, and eventually ended up homeless and sleeping in a car. It was rock bottom...but just what Tom needed. It was time to start over.

At the age of 28, and while working for minimum wage at an airport, Tom took his first step to daring to dream. Ignoring the common notion that he was too old for aviation training, not only did he become a pilot, but he became a Captain for a major airline, and a dual-rated helicopter/jet pilot (a distinction held by only 2,000 out of 800,000 pilots nationally). Throughout his career, he has been a pilot for the owner of an NFL football team and various celebrities. But this was just the tip of the iceberg.

Once his aviation dreams were realized, Tom switched gears and at age 52 landed the title of Mr. Natural Universe. Tapping in to his diligence of eating healthy and bodybuilding, Tom graduated from culinary school and became a certified personal trainer and columnist for a fitness magazine. Today, Tom has published **Ageless You : The Boomers Guide to Beginning Again**, and **Ageless You Adventure** and is currently working on companion books **Juicing for an Ageless You**, and **Cooking For An Ageless You**.

Tom's journey didn't end there – not even close. He's currently training to complete the Adventure Grand Slam, summiting the tallest peaks on each of the seven continents, and skiing to the North and South Poles. In just one year he climbed four of the peaks – Mt. Kilimanjaro (Africa), Mt. Elbrus (Russia), Mt. Kosciuszko (Australia) and Aconcagua (Argentina). On July 5, 2013, he summited number five, Mt. McKinley (Alaska). With his sixth summit just completed, he looks ahead to future adventures skiing to both the North and South Pole, as well as the last of the Seven Summits, Mt. Everest. Tom will become a part of an elite group of mountaineers once he completes this challenge!



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