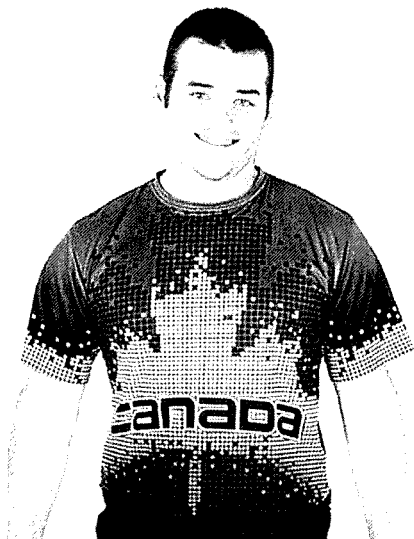


About Rob

Rob McLeod, known as Frisbee Rob, is a motivational speaker and world record-holding athlete who inspires youth to balance technology use with physical activity, fostering resilience, leadership, and healthy living.



Rob McLeod, widely recognized as Frisbee Rob, is a passionate advocate for youth development, healthy screen habits, and physical activity.

As a motivational speaker, Rob has visited more than 550 schools and spoken to over 200,000 kids in the last decade, sharing powerful messages about the importance of balancing technology use with active, engaged living.

Featured in the 2024, 2015, and 2014 Guinness World Records books, Rob holds 13 Guinness World Records and the Canadian Distance Record in flying disc sports. He uses these achievements to inspire resilience, personal growth, and leadership in people of all ages.

In addition to his achievements in frisbee, Rob is a board member of the World Flying Disc Federation, promoting the sport across 100+ countries.

Through his engaging talks and interactive demonstrations, he fosters environments that encourage students to thrive both physically and mentally, helping them build healthier relationships with technology and discover the joy of movement.

