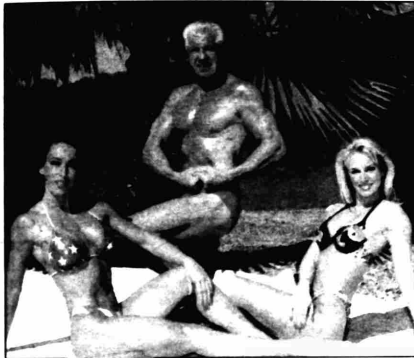




Secrets of Life-Long Fitness

Two video tapes that will make a vital difference to the rest of your life



Bob Delmonteque with American Gladiator Sherilyn Godreau and Ms. Galaxy Brandi Carrier

£34.50

- For older people a new lease of life.
- For younger people the best insurance against old age as we know it.



Dr. Tony Quinn.
M.Sc., Doctor of Clinical Hypnotherapy

by Bob Delmonteque Co-presented by Dr. Tony Quinn

If ever a picture is worth a thousand words then these two on the cover of Dr. Bob Delmonteque's tapes have got to be the case. How many twenty year olds do you know that are in the kind of shape Bob is in at 77? Now for the first time ever he reveals his "SECRETS" on video.

What you see and hear will inspire you at any age to go for it. When you learn the "SECRETS", with just a few short hours weekly, you will quickly get into the best shape of your life and stay there. Bob has been personally using his system for over sixty years. He has used it with some of the biggest names in Hollywood, the Apollo 13 astronauts and millions of people through over five hundred health clubs.

He is no paper tiger either having recently entered a "Senior Olympics" and won every event. He can run marathons, bench press 300lbs and just wait till you see how flexible he is. Bob has been studied by Longevity Researchers to discover his "SECRETS". Now he offers them to you.

This priceless information suitable for all ages is contained on two video tapes. Everything you will need to know about exercise, nutrition, mental attitude, slowing ageing, aerobics and flexibility. He will guide you through exercise programmes

step by step from beginners to advanced. The first exercise programme is a routine you can do right in the privacy of your own home or when travelling. It does not require any expensive equipment. Follow his instructions exactly and you will get into your best shape ever. Learn Bob's unique secret as to how to get the most out of this type of exercise. He also presents routines for those who want to work out with weights whether at home or in the gym.

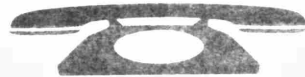
Dr. Delmonteque will reveal that the secret to being in great shape at any age is at least 80% nutritional. Including how certain food supplements can slow the aging process. These and many more health "SECRETS" are revealed. He will give you the very same advice for which top Hollywood stars pay him mega bucks.

Co-presenter on these videos is Dr. Tony Quinn. "I went to interview Bob for a newspaper article and I was so impressed and inspired by him that it resulted in these videos. The man is legendary in America and deservedly so. I sincerely believe that Bob is the greatest living authority on how to be in great shape at any age. He redefines our view of ageing." Bob Delmonteque holds a Doctorate in Naturopathy. Copyright H.P.R. 1996

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