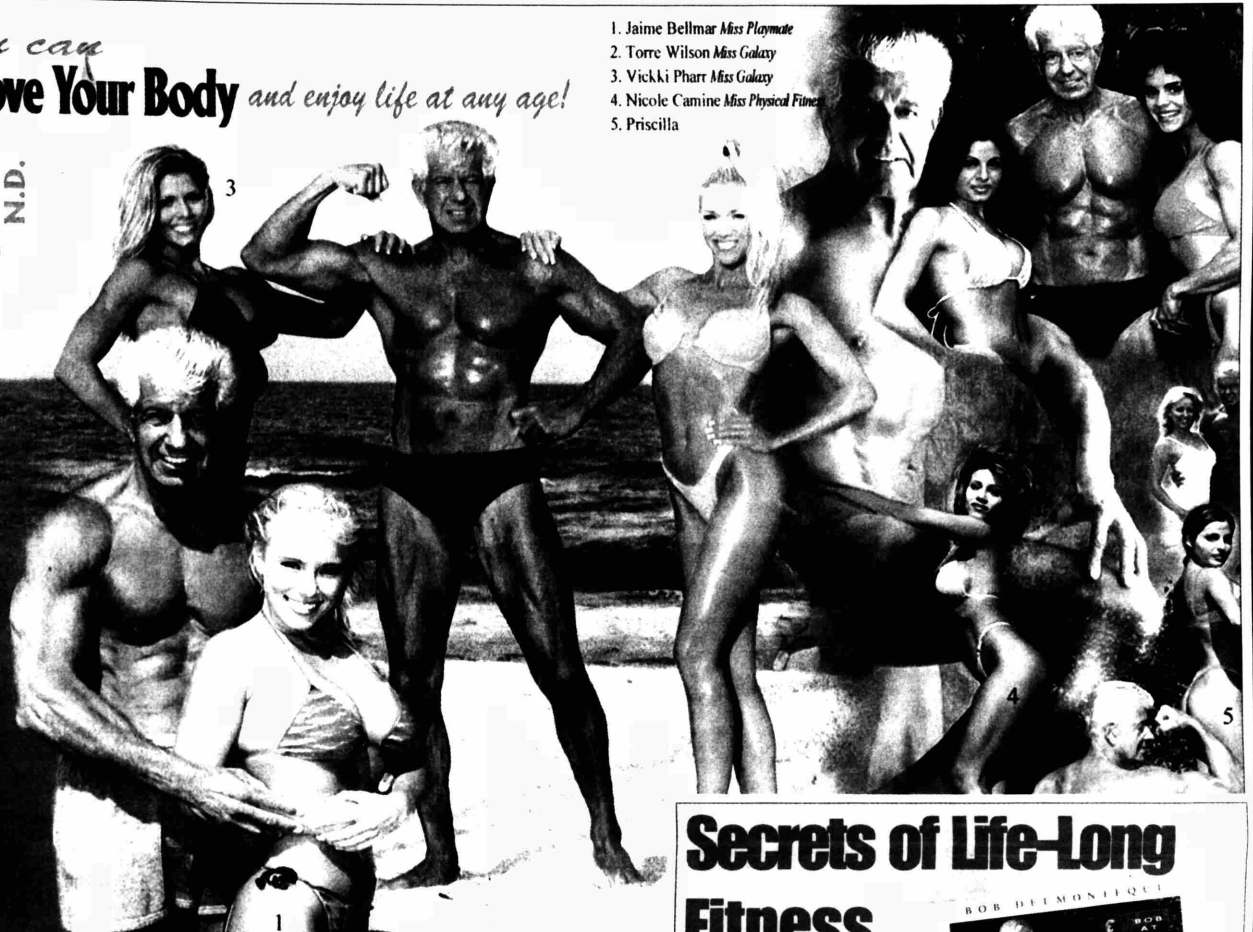


You can
Improve Your Body and enjoy life at any age!

BOB DELMONTEQUE
N.D.



1. Jaime Bellmar Miss Playmate
2. Torre Wilson Miss Galaxy
3. Vickki Pharr Miss Galaxy
4. Nicole Camine Miss Physical Fitness
5. Priscilla

breakfast, lunch and dinner, for example you could have an apple or a peach or a pear or a little mozzarella cheese. This keeps the metabolism going, it's like throwing coal on the furnace, you gotta keep it burning.

"What I recommend is when you get up first thing in the morning take some hot water, put a little apple cider vinegar in there with lemon juice and some good natural honey and drink that down. You will soon foxtrot to the bathroom.

Protein

"Next have a piece of fruit, then some oatmeal or some sort of fibre bran - I have a slice of real wholewheat bread and one or two eggs for the protein. If you want a good hard firm body you gotta have protein. Protein burns fat, rebuilds new cells, tissue and muscle - every part of your body is made up of protein.

"About two and a half hours later, I will have an apple, a pear and a little of mozzarella cheese. My big meal comes in the afternoon and I'll have eight ounces of chicken, fish, turkey, burger or sometimes soya products and I'll have some complex carbohydrates

which would be some type of starch like rice for example.

"I love to eat - I tell you a good meal is like a good love affair! Another one of my secrets is I take complex carbohydrates in the morning and in the afternoon but none at lunch (i.e. evening meal).

"If you have the carbohydrates and the sugars after seven or eight at night they end up in your tummy so that's one of my firm rules. Then two and a half hours later I will have a snack of fruit and cheese and again two and a half hours later I will have my dinner. That will be six to eight ounces again of protein, a big salad and a couple of vegetables like broccoli, cauliflower, carrots, peas or asparagus.

"Maybe once a week I'll have a little red meat. So I eat about five times a day, fifty to fifty five percent of my diet is carbohydrates, twenty five to thirty percent is protein and fifteen to twenty percent is fat. It's not just the working out that normalises your weight, it's diet. Eighty percent of weight loss is the diet and twenty percent is the workout. I take in about two thousand calories a day and if I keep my intake

at that I stay in shape."

ANTIOXIDANTS:

"MY FAVOURITE supplements are anti-oxidants. I really believe in them, they destroy free radicals. Free radicals are what causes the body to age, they come from fats, particularly vegetable fats and from excessive sun-tanning - although I do believe you need some sun. They also come from pollution and radiation. For that reason I recommend the 'Life-Extension mix' and I also take vitamin E, selenium and beta gold".

EXERCISE :

"I WORK OUT with weights about three times a week for an hour. For example, on Monday I work my legs, on Wednesday my chest and back and Friday my shoulders and arms. My legs take about forty-five minutes, my chest and back take about an hour and my shoulders and arms take about an hour and this would include twenty minutes when I ride my life cycle and ten minutes of stomach exercise. I don't really use heavy weights to get in shape." (No, only 300lb bench press-

es!)

MENTAL ATTITUDE :

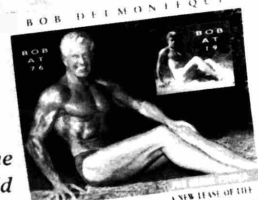
"WHEN people ask me how important is mental attitude, I always say this: it's everything. As the Bible says, you are as you thinketh. You gotta believe that you can do things, you gotta have faith and hope and you gotta be positive. Everyone is so negative nowadays, people are always saying "I don't have the time for this, I can't do this or I hurt, I have aches and pains".

See your mind as a kind of apothecary. When you send down the right message to the body, somehow you become well. It's amazing how the mind can heal the body. In the same way if you send down the positive mental pictures of the shape that you want to be in at any age it happens."

Bob unquestionably is in the greatest shape for his age of anyone living today. In addition he is the greatest living authority on how to be in great shape at any age - he redefines our view of ageing. Happy Birthday, Bob!

Secrets of Life-Long Fitness

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



SECRET OF LIFE-LONG FITNESS

£34.50

by Bob Delmonteque

Co-presented by Dr. Tony Quinn

For the first time ever Bob Delmonteque reveals his "SECRETS OF LIFE-LONG FITNESS" on video. What you see and hear will inspire you at any age to go for it. Everything you will need to know about exercise, nutrition, mental attitude, slowing ageing, aerobics and flexibility is contained on these two video tapes. Bob will guide you through exercise programmes step by step from beginners to advanced to get you into your best shape ever. Also show is how certain food supplements can slow the ageing 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.

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