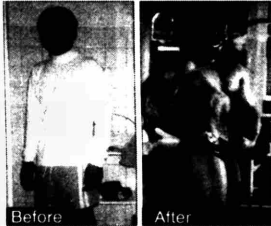


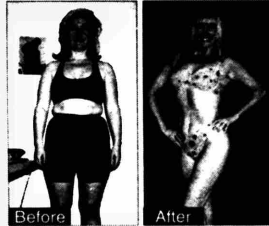
Ground-breaking University Research...

# How to get into your best shape ever

At the Tony Quinn Gym we specialise in getting you results, the results you want.



**Wilson Latogh..** Transformed physique, gained energy and well-being



**Madeleine Page..** Lost 20 lbs, firmed and toned muscle tissue



**Thurston Pym..** Completely transformed physique in just 12 weeks



**Bernie O'Connell..** Lost 3 stone, dropped 3 sizes in clothes



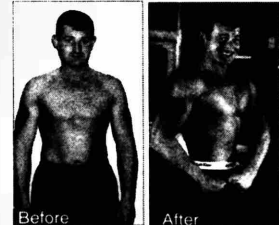
**Lynda Kennedy..** Lost 30 lbs, dropped 3 sizes in clothes in just 4 months



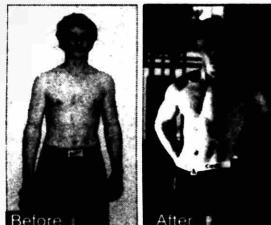
**Ger Harris..** Lost 54 lbs and 11 inches from waist in 6 months



**Maura MacCarthy..** Lost 2 stone and 7 inches from waist in just 5 months



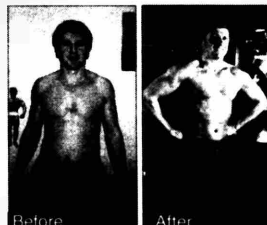
**Darren Fagan..** Gained 10 lbs in weight while reducing body fat



**Marcus Fearon..** Gained 6lb of muscle and lost 2lbs of fat in just 6 weeks



**Marie Henry..** Lost 45 lbs and 9 inches from waist in 5 months



**Richie Cloake..** Toned muscle tissue, reduced body fat



**Debbie Heffernan..** Lost 24 pounds, 6 inches from waist

## Ground-breaking University Research Don't diet until you read this article

**VITAL  
INFORMATION**

In a recent ground-breaking University Research\* Study, 30 men and women **TRANSFORMED THEIR PHYSIQUES** by losing an average of 8 pounds of fat and gaining 4 pounds of muscle over just 12 days.

Most of the people who took part got into the best shape of their lives. This group and a control group also containing 30 people used weight training as the only form of exercise, and for the 12 days of the study, both groups trained for approximately twenty minutes

every day. Both groups followed a similar training programme, food supplements and diet. The only difference between the two groups was that the first group used what's known as 'unconscious attention'<sup>TM</sup>, and this is where the person learns to focus all of their mind on whatever activity they are doing at the time.

The control group lost an average of 4 pounds of fat and also lost 2 pounds of muscle. They were therefore experiencing the

same danger that people normally face in regard to weight loss. Large studies show that ninety-five percent of people who lose weight fail to keep it off because they lose muscle. By contrast, the average result in the unconscious attention'<sup>TM</sup> group was an **8-POUND FAT LOSS AND A 4-POUND MUSCLE GAIN**.

This muscle gain is significant, because it increases a person's metabolism, allowing them to eat even more food without getting fat. Indeed, for the average person, this 12-

pound change on the body is enough to totally transform them. From experience we have found that if a person continues with this programme, they can have the figure/physique, energy and strength that they've always wanted.

\* Research was undertaken by Dr Tony Quinn (Doctorate in Counselling and Clinical Hypnotherapy) under controlled conditions in conjunction with a London University.

Call today for further information  
Tel: 01.8304998



66 Eccles Street, Dublin 7.  
(opposite Mater Private Hospital)  
Large car park opposite gym.