



HAS THIS 81-YEAR-OLD DOCTOR DISCOVERED THE ANTI-AGING SECRET OF THE 21ST CENTURY?

Dr Bob Delmonteque is unquestionably 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. This November Bob is eighty-one years of age and he is looking his all time best. In America where he is regarded as a living legend he consistently graces the covers of health, fitness and longevity magazines.

workout. I take in about two thousand calories a day and if I keep my intake at that I stay in shape

What type of exercise do you do?

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 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.

Do you believe in a positive 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 think. You must 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' etc. 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.

What nutritional supplements do you take?

My favourite supplements are antioxidants. I really believe in them - they destroy free radicals. Free radicals are what cause 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 food-form Vitamin E and Selenium.

What new supplements are the Life Extension people recommending?

Older men may get prostate problems and actually have trouble passing water. I take a special formula with Saw Palmetto, pygeum extract and nettle extract that is recommended by Life Extension Doctors. I also take Trinovin, a special red clover leaf extract. In my view every man over forty should consider using them too and besides I find them great for the condition of my hair!

Thank you Bob, it's always inspiring to listen to you. Have a great eighty first birthday. We look forward to talking to you again very soon.

It's truly a pleasure.

TRAINER OF THE STARS

To this day Bob is recognised as "The Trainer of the stars"; the list of all the famous people he has trained reads like a Hollywood 'Who's Who' and includes Rita Hayward, Betty Grable, Gloria Swanson, Mae West, Marilyn Monroe - right up to the present day Sharon Stone. He also trained Clark Gable, Errol Flynn, John Wayne, Burt Lancaster, Tyrone Power, Robert Taylor, Paul Newman, Jack Lemmon, Matt Dillon and the Apollo 13 astronauts. Indeed, recently, John Glenn at age 77 used Bob's diet and fitness plan to prepare for his heroic 1998 flight on the space shuttle 'Discovery'.

On the eve of his eighty first birthday "Blueprint for Successful Living" caught up with Bob and asked him to share some of his secrets.

What dietary advice would you recommend to our readers Bob?

I recommend that you eat everything as close to nature as possible. Eat lots of fruit and vegetables, minimise the fats and cut out the sugars and salt.

You should have little meals between your breakfast, lunch and dinner, for example you could have an apple 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. 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

HAPPY 81st BIRTHDAY BOB!

IN THIS ISSUE WE CELEBRATE THE 81ST BIRTHDAY OF THE 'TRAINER OF THE STARS', BOB DELMONTEQUE, ALONG WITH SOME OF THE STARS HE HAS TRAINED