

Tony Quinn's HEALTH & NUTRITION COURSES

• Revealing the secrets that will help you look and feel your best •

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SUBJECTS COVERED INCLUDE:

- Why 95% of weigh-loss diets fail - and the core secret of lasting weight control.
- Nutrition for energy and drive.
- Nutrients that help you stay calm and relaxed.
- Health secrets of those who age youthfully.
- Sports nutrition for that winning edge.
- Success through a positive mental attitude.
- VISUALISATION - Develop this capacity.
- CONCENTRATION - Improve your ability to focus.
- Mind power and relaxation - using your mind to help you achieve your goals.



PERSONALLY-TAILORED
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1 DAY INTENSIVE COURSE :
Saturday 11th November, 10.30am to
5.30pm Cost £45.00.

£5.00 discount if pre-booked
TONY QUINN CENTRE, 66 Eccles St, Dublin 7.
For further information and brochure.
Phone (01) 8308588.

EU SCIENTIFIC COMMITTEE CONFIRMS CREATINE AS THE NO. 1 TRAINING AID.

The European Community's official Scientific Committee on Food this year endorsed Creatine as the number one choice in nutritional training aids. The report, released in July this year, states that Creatine supplementation improves exercise performance in sport events that require explosive, high-energy output activities especially of a repeated nature. A number of studies indicate that Creatine supplementation in conjunction with heavy resistance exercise training (e.g., 4 to 12 weeks in duration) enhances the normal physiological adaptations to a weight training program (149). Typical adaptations including, increases in body mass fat-free mass, maximal strength and power, lifting volume, and muscle fiber hypertrophy, are all significantly enhanced concurrent with creatine supplementation."

The Scientific Committee on Food, an agency of the European Commission, consists of 22 leading nutritional scientists from all countries of the EU, including Ireland's Prof. Albert Flynn of University College Cork.

Secrets of Life-Long Fitness



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by Bob Delmonteque
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