

Schwarzenegger, gave hundreds of seminars about the power of the mind in this regard. He found that if he wanted to be a champion, he had to leave all his problems at the door of the gym and totally focus on what he was doing. Personally, I've won about twelve body-building contests in total including Mr. Ireland. I trained at that calibre without taking any drugs or steroids. I noticed at that time that I could be training with someone who was using the very same exercises but they would be looking around the gym, laughing, talking, where I was totally focused on the training one hundred percent. This is the most effective approach we know at this point in time. Indeed, I believe the mind is the best steroid.

DEVELOP YOUR MIND AND YOUR BODY!

Tara: Do people find it hard to concentrate to that level?

Tony: Not at all, it's effortless. When you're totally focused on something to the exclusion of all opposing thoughts, you don't even know that you're doing it. Liken it to reading a book and you're so absorbed in it you don't hear anything that's going on around you. As far as I know this is the easiest and fastest way to become stronger and fitter and it's the ideal way for any athlete to train. Indeed, uniquely, you develop your mind as you develop your body. You actually are training yourself to be able to focus one hundred percent on whatever you want. So you can use the mind power you develop in your business, to solve problems, to make decisions, even to get the most out of enjoyable situations. I have research to show that the more your mind is involved in everyday activities, the happier you're going to be. It's even said in the research that this could possibly be the secret to happiness. It's certainly the secret to superior performance, as I found working with Steve.

THE SECRET TO SUPERIOR PERFORMANCE!

Tara: Can older people expect to get the same results?

Tony: Major studies have shown that the average person loses muscle tissue and gains fat slowly from about the age of twenty and this is true even with people who maintain the same weight throughout their adult life. For example, if a man weighed 176 pounds, at age 25 he has a 22% body fat level; at 45yrs it would be at 26%; at 65yrs it would be 30% and at 85yrs it would be 34%. So we can see that a person from age 25 to 65 will lose approximately 14lbs of muscle tissue and replace it with 14lbs of fat even though their weight remains the same. Sadly, if they also gain weight, we see all the overweight problems of the older person. However, research including my own study shows that in people over

fifty, it is possible to build muscle tissue back up and regain the correct balance between muscle, fat and weight. Just have a look at Bob Delmont's photograph that accompanies this article.

Tara: Bob certainly has a lot of muscle for anyone his age!

Tony: That's why he's so healthy, strong and fit even at eighty.

WE ARE ACTUALLY SEEING REJUVENATION!

Tara: Did you notice a difference in your study between younger and older people?

Tony: No, I'm glad to say I didn't except that the older people were far more grateful to get their figure or physique back again. It was so exciting because you are literally seeing rejuvenation! Some of them confided to me that they never thought it was possible. Again I might add if you say that people are making a pound difference a day in their body over twelve days you're looking at a transformation. Most of the people I worked with got into the best shape of their lives. Although my study only ran for twelve days, I've found from experience that if a person continues with this programme they can have the figure/physique, energy and strength that they've always wanted. I really think that this is vital to a person's confidence and sense of well-being. Of course, as you can gather by me, I would love to take everyone and put them on this very simple programme because I've found people are literally ecstatic with the results, and it's very gratifying to see the person getting stronger, fitter, firmer and dare I say younger every day.

NEVER SEEN SUCH A CHANGE IN TWELVE DAYS

The owner of Gold's Gym in the Bahamas said he'd never seen such a change in twelve days, and even Bob, who many regard as the greatest living authority on getting into shape at any age, said it was the most remarkable study that he's seen. Years ago there was a guy called Charles Atlas who said 'You can have a new body in only fifteen minutes a day'. I believe you can certainly have a new body in twenty minutes a day and once you get it into your ideal shape you can maintain it with unconscious attention and an hour or less training a week!

Tara: You must be very pleased to see all of the beautiful gyms springing up not only throughout the world but here in Ireland...

Tony: I think they're awesome, but I believe that you can be training with beautiful equipment but you may not be getting beautiful results. As always, I believe that the knowledge is the most vital ingredient.

Tara: Thank you Tony

YOU WORK OUT IN A BEAUTIFUL GYM, YOU USE BEAUTIFUL EQUIPMENT, BUT ARE YOU GETTING BEAUTIFUL RESULTS?



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Now we are making available to you the same programme exactly as used by Dr. Tony Quinn in his study. The diet, exercises, supplements and above all, the vital ingredient, the mental training which enabled the participants in the study to achieve the results outlined in the accompanying article. Once attained, we will show you how you can maintain your figure/physique in as little as an hour a week. This truly unique programme based on cutting edge university research may benefit not only your body, but also your mind and your life.



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67 Eccles Street, Dublin 7
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Are you starving your body?



You think you may be eating well and including your daily quota of protein foods. (Protein foods make up the solid tissue (muscles) and cells in your body).

Yet your body is not as firm as you would like it to be. You lack energy, feel a little rundown, don't look as well as you should. Even though you are taking vitamins you feel something is lacking. Some of you may have concluded you are just getting older.

But here is something you should just check out, regardless of what condition you are in. You may be lacking protein. You may be eating enough protein but in the cooking some of the amino acids may be damaged. (Amino acids are what protein is made from). If these amino acids are not replaced, it's as if your body is being starved. This may well be happening to most people.

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