

# fever

## Expert's tips for those who want to join a gym

WEIGHT FOR IT: Personal Trainer Suzanne Lavin.

FITNESS expert SUZANNE LAVIN, a personal trainer at the David Lloyd Riverview Racquet and Fitness Club, Clonskeagh, gives her ten tips for those who want to get into shape.

- 1 Contact a qualified instructor or personal trainer to tailor a programme to suit your individual needs.
- 2 Seek your doctor's advice before undertaking and exercise if you suffer from any medical conditions.
- 3 Always start your exercise programme with a light warm up and stretch in order to prevent injury.
- 4 By exercising in the morning, you will help increase your metabolism throughout the course of the day.
- 5 Make sure you drink plenty of water throughout your session and afterwards.
- 6 As you progress, make only a gradual increase in exercise - don't do too much, too soon!
- 7 Maintain a balanced diet to provide sufficient energy to exercise.
- 8 A combination of cardiovascular and weight training will provide both weight loss and muscle toning.
- 9 Set realistic goals and motivate yourself by training with a partner. Remember that days of rest are just as important as those on which you exercise.
- 10 Make sure you do a gentle cool-down exercise and stretch to end your session.



More and more Dubliners are joining gyms in a bid to boost fitness.

# WEIGHT LOSS

WHAT OUR CUSTOMERS ARE REPORTING ABOUT OUR NIGHT-TIME AND DAY-TIME FORMULA

### I Lost Three Stone

Just over a year ago I was 3 stone over weight. Over the years I had joined 7 gyms plus a slimming club but could never get the weight off. I also tried virtually every slimming diet available, I just couldn't get results. I joined the Tony Quinn gym and went on the programme which included exercise, diet and the supplements Amino-Or and Amino-Energise. Everything was so easy to follow, I looked and felt great and I lost the fat in all the right places. I have reduced 3 sizes in my clothes and feel just wonderful.

Thanks a million!-Bernie.

Bernie O'Connell, Shankhill, Co. Dublin.



Before



After

### My 12 Week Transformation

I want to let you know about my success in losing 20lbs while maintaining great energy and stamina over a 12 week period. I took the supplements Amino-Energise during the day which facilitated the burning of fat and increasing my energy and Amino-Or I took last thing at night. While training at The Tony Quinn gym with a fantastic nutritional programme and the two supplements I can truly say after 12 weeks I got into my best shape ever. This programme really worked for me and it can work for you. I can honestly say my life is transformed, in fact numerous people have commented on my transformation. Thank you, from a delighted Madeline Page.

Madeline Page, Dublin 16.



After



Before

### Now two sizes smaller

My daughter started using Amino Or and Amino Energise a month ago. She is now two sizes smaller in her clothes and is delighted with herself. She is now able to fit into jeans she hasn't been able to fit into for three years. She wasn't dieting either.

P.B.

### No Strict Diet and lost 3 stone

For the past 4 months I have been using Amino-Or and Amino Energise and in that time I have gone from 16.5 stone to 13.5 stone. I did not do any strict dieting and have lots of energy.

Martina

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P.B.

### Dropped a size in my clothes

A Chara, I started to take Amino Or about 2 years ago and the Amino Energise a year ago, and found them excellent. I have dropped a size in clothes and therefore feel a lot happier and confident about my appearance.

Helen

Products featured are only available from Tony Quinn Health Stores or by mail order

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- DUBLIN CITY - 88 ECCLES ST. (OPR. MATER HOSPITAL)
- DUBLIN CITY - JERVIS SHOPPING CENTRE, MARY ST.
- DUN LAOGHAIRE - 88 LA. GEORGES ST.
- TALLAGHT - LEVEL 3 THE SQUARE SHOPPING CENTRE
- RATHMINES - 2 WYNNEFIELD ROAD (OPP. ESB OFFICE)
- CORK - 30 ACADEMY STREET
- DUNDALK - 19 JOCKEY STREET
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