



Graham Healy was the original Body For Life™ Coach in Queensland back in 2001 (almost 10 years ago) and transformed hundreds of Clients refer our Photo Gallery bottom of page <http://www.healyshealthandfitness.com/photogallery.htm>
The TV show 'biggest Loser' was modelled after Body for Life .

We are NOW getting ready for another Challenge Aug/Sep/Oct/Nov 2010 and if you want to get the maximum results in the minimum time , I suggest you **START NOW !** *June/July 2010 is a good lead up to a 12 week Challenge* (especially if you haven't trained for a while.(Tip : train at least 4 to 8 weeks before you take up a challenge if you haven't trained for a while to get the muscles 'back in line' and ready to fire!)

The System ?

Graham Healy will look after all your programming with 30+ years of experience you don't have to worry about a thing 'its taken care of' be it beginner or advanced.
Basically for those who understand training systems, the Healy's System is all about 'tension over time' + Nutrition + Body fat testing every month = Measurable Results

The Commitment ?

Start from \$40! per session on the Mates train FREE deal (Share cost)

(*note: this does not include Gym Membership or PT Gym fee of \$4.50 per session)

Personal Training sessions ? It depends on your budget .

Graham recommends 1,2 or3 sessions per week Personally with Graham Personally(or a hand picked trainer , trained by Graham personally that understands the Healy's System)

-If you train with Graham one session per week (I suggest you do other training yourself as well –I will design that for you as well)

-If you train twice per week with Graham (again you can do extra yourself)

-If you train with Graham three times per week (again you can do extra yourself ie cardio)

Commitment for a 12 week Challenge ?

If your really serious the commitment is 3 x ¾ hrs sessions per week (weights orientated training) + 3 x ¾ hrs Cardio type training per week = 4.5 hrs per week (6 days per week)

If you are true to yourself to find Time is Easy (just drop the TV time down)

Remember '**Your Health is your greatest asset**'

Note : If you don't want to commit to a 12 week challenge , then that's fine too , your program can be tailored to suit a 'less intensive' needs , simply for Health/Fitness reasons

Do I have to do Personal Training (with Graham Healy) 6 times per week ?

NO you do not , we can work it so that (according to your budget)

We recommend 2 to 3 PT session per week (although we can still do 1x PT per week) as long as you are determined enough and 'motivated' enough to do the other training unsupervised (you must keep a record of all other sessions to 'keep on track')

Supplements ?

Healy's will give you their tried and tested Supplement recommended list if required to maximize results (Note absolutely NO stimulant type weight loss drugs or supplements to be used , non stimulant 'natural' products are permitted and perfectly ok but must be declared)

INCENTIVES ?

Apart from better Health and Fitness this years Challenge 2010 is worked in synergy with Movements Fitness Centre (Owner Mr.Ross Jones) www.movementsfitness.com.au and we (Graham Healy and Ross Jones) are working on some really cool prizes for our 12 week transformational Champions this year.

CENTRO SHOPPING CENTRE Buranda (opposite PA Hospital) are working with us on this project and we will announce the prizes very shortly , we are also working with the *Commonwealth Bank and Flight Centre* to really get some 'highly motivating incentives up for grabs' + lots more minor prizes .

Categories ?

- Best before and after Photo** (we recommend a before and after shot so you have record)
- Greatest amount of BODY-FAT lost** (this has to be skinfold tested)
- Greatest amount of centimetres lost** (waist /Hip/But) measurements
- Biggest Heart** (a short essay on why you started the challenge)
- Most Senior Winner** (we will decide some age categories to cover all age groups)
- OVERALL WINNER** (The Judges will overview all of the above for the Overall Winner).

* We will further develop the above Guidelines over the next few weeks please keep referring back to this web site for updates an Prize announcements.
www.healyshealthandfitness.com

additional support information refer:

Home Bottom of page for overviews on Body For Life™ /Supplements/Nutrition
<http://www.healyshealthandfitness.com/index.htm>

Personal Training (Bottom of page) for extra supplementary info
<http://www.healyshealthandfitness.com/personaltraining.htm>

Gallery of some of our Before and Afters

Photo Gallery (Bottom of Page)

<http://www.healyshealthandfitness.com/photogallery.htm>

Contact Graham Healy Mob 0411 393 503

em healyshealthandfitness@hotmail.com

for an obligation FREE appointment
and FREE Quote on PT package



>>Lose 10kg FAT in 12 weeks<<
Healy's 12 week Challenge !
'Don't just 'talk about it' do it NOW !'