



## Testimonials

Over 10 years ago I herniated a disc in my lower back from Olympic weightlifting 'bent legged deadlifts' and it was 'niggling' me for many years, then I tore a 'hip flexor' the Psoas muscle and 'limped around' for 12 weeks. After consultation with my Chiropractor (my hips were over 2.5cm out of alignment!), and Investigating the issues, I carefully implemented a routine of Martial Arts type stretching, Light & Slow 'stiff legged deadlifts' to stretch hamstrings, 'figure 4' Piriformis & Psoas stretches (internal Hip Flexes), The Master 'yoga' split stretch in combination with my 'tried and tested' Martial Arts stretching routine with amazing results. Upon revisiting my Chiropractor he was amazed! my hips were in perfect alignment, the lower back issues resolved and my flexibility had increased by over 50% in 6 weeks!

I then implemented these methods into my Classes with the same Amazing results! .....yours faithfully, Graham Healy (Master Personal trainer & International Martial Arts Instructor Founder Healy's freestyle Tae Kwon Do & Boxing academy, Founding Director International Self defence Association ISDA (refer) [www.isdaselfdefence.com](http://www.isdaselfdefence.com)



My name is John Moraitis and I joined Graham Healy's Martial Arts Class 8 months ago. I had a serious groin tear and inflamed Bursa (knee cartilage) from a roller blade accident. I later injured my lower back from weightlifting. After some advice from Graham and following the Healy's stretching system my groin and knee problem 'resolved' to 90% use from only 30%! my lower back is getting better (a recent injury). I am amazed with the Knee & Groin issue as I thought I just had to 'live with it' as nothing else worked. also, I had trained in amateur Boxing and since training with Graham my power in my punching techniques has improved dramatically.



Kristan was a Healy's 12 weeks transformational Challenge champion having lost almost 11 kg body-fat and gained 3kg of muscle in just 12 weeks. her strength increased by 50% and although Kristan was already reasonably flexible, she increased her flexibility by a further 30%! so that was a bonus, almost 11kg of body-fat lost, 3kg of muscle gained in 12 weeks plus 30% increase in flexibility it doesn't get any better than that .....comments Graham Healy

I have been a Client of Graham Healy for the past 6 months. Originally I started training through the Gym but due to a knee injury incurred doing 'one legged' squats and leg presses I decided to start with a different trainer which lead me to Graham Healy. My Progress with Graham through his training methods has both been rewarding and enjoyable.

yours faithfully, Kylie Mcmillan



>Kylie is a professional Dance Instructor who runs her own dance school in Brisbane



> Darren Binon had been weights training for 10 years and suffered back and shoulder problems continuously until programmed by Graham Healy. Darren has now been injury FREE for almost 2 years now due to following Healy's stretching system with his weights training

Darren is a customs officer at Brisbane Airport >Rick Schiro- competitive bodybuilder, security Guard and & Businessman 'during my younger days I damaged my back by doing heavy dead-lifts' after applying Healy's methods my back is now GREAT!! 've now changed the way I train and my back is 100% better than it was before.

>Julie Kruger Capitalcorp Underwood' after a skiing injury Graham carefully re-programmed me so that I could continue to train without causing further harm-without his advice I would have given up'



Side Kick Stretch

Wed 7.30pm, Fri 7pm, P.T. Avail.

FREE Martial Arts Stretching



PH-0411 393 503

First 30 min of each Class is Stretching

FREE First Class bring a friend

- \*Increase Flexibility by up to 50%
- \*Ultimate lower back hamstring flexibility
- \*Lean & Tone Legs hips, thighs, mid-section
- \*Overall Body Conditioning
- \*Ultimate Core Strength Program
- \*Real Self-defence 'Practical' Applications

by Graham Healy

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

\* INCREASE FLEXIBILITY 50% \*



Lower back/hip/Groin muscles stretched



Everybody's seems to be an expert regarding Stretching & Flexibility and yet do you ever see 'Flexibility' in Action ? from these 'Experts'.

As an International Martial Arts Instructor I have trained Professionally under two Oriental Masters whose stretching & Flexibility ability was 'second to none' with this Knowledge I have systematically increased clients flexibility up to 50% ! and in the 'process' resolved many 'back related' problems caused by 'shortened hamstrings' . According to Chiropractic advise the 'shortening of the hamstring muscles, caused by inactivity and lack of stretching and strengthening can lead to uneven stress exerted by the hamstrings on the hip girdle this in turn displaces back alignment from the hips up to the shoulders.

Acting on this advice I have incorporated these principles into our Martial Arts & Personal Training stretching routines with tremendous success.

Some of these 'photo illustrations' show some of my clients in stretching 'action' . Although 'natural' stretching ability can vary from client to client , however, I will say that improvement is available to everybody .

If you aim for a 30 to 50% increase from where you are NOW, as well as a recommended 'put it all together program'

either Martial Arts/Personal training or both . your BACK will thank you for it .

The improvement in Stretching & Flexibility will assist you in every other aspect of general 'everyday' ACTIVITIES .

The Healy's System has been proven in over 25 years of Professional testing with hundreds of clients and it WORKS .

Not only do you 'firm & tone' all parts of the body 'especially' abs/but/thighs but you increase your overall Stretching & flexibility by a MINIMUM 30%

RESULTS speak for themselves every martial arts Class has a fully comprehensive stretching routine incorporated within the class structure



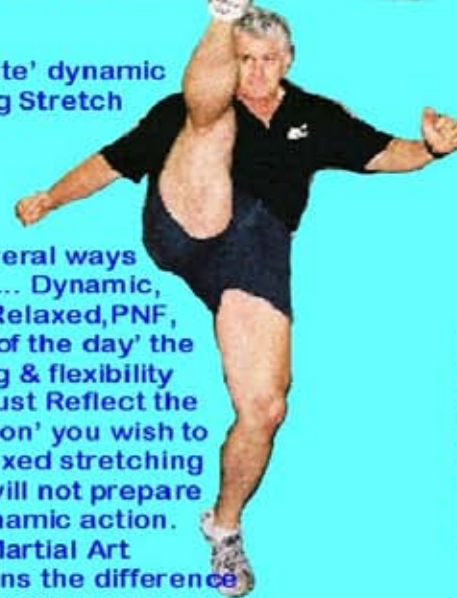
Side bending

Kristian increased her stretching by 30 % using the Healy's Martial Arts metho



Abdominal stretch

The 'Ultimate' dynamic Hamstring Stretch



There are several ways to Stretch..... Dynamic, Isometric, Relaxed, PNF, at the 'end of the day' the stretching & flexibility programs must Reflect the type of 'Action' you wish to perform. Relaxed stretching for example will not prepare you for Dynamic action.

The Healy's Martial Art system explains the difference and why!



Lower back/hip/Groin muscles stretched

*Note: your 'standard' may not be as 'extreme' as Kristians 'flexibility' don't worry ..aim for 30 to 50 % improvement from where you are NOW ! and there is no need to 'compare' yourself with anybody else as its all about competing with yourself and 'self improvement'*

Lower Back & Hamstrings



Kristian performing seated hamstring stretch.



'special technique' Hip Rotations

