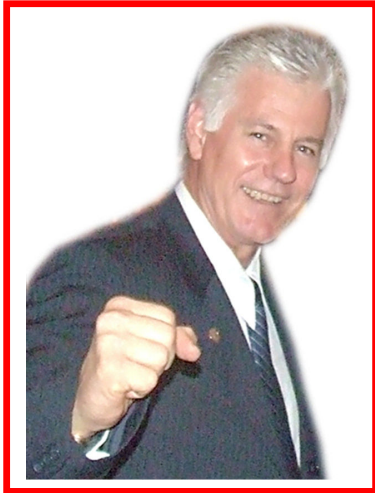


## The Healy's System Overview



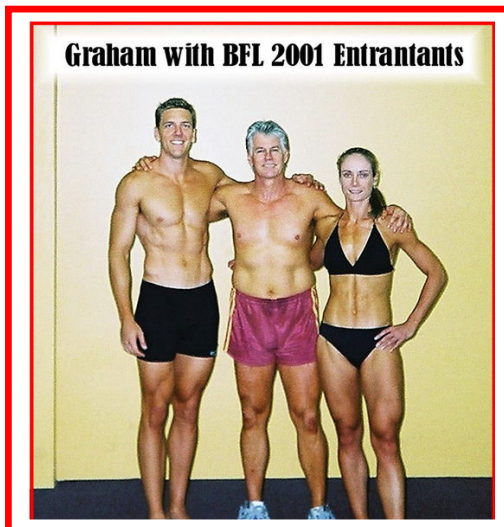
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### Why is this system different to all the rest?

I suppose it can be summarized by the ability to 'put it all together'.

This is a direct result of My 30 years 'experience' in the health & Fitness Industry. During this time I have worked in every Possible facet of health and fitness and associated business functions including:

- Competitive 'Olympic' weightlifter trained under Olympian medalist Nev Perry(Mexico 1968)
  - Owned my own ' Nautilus Fitness Center' with over 1,500 members
    - Marketing & Sales manager Pacific Fitness
- Professional Tae Kwon Do 'International' Instructor trained by Master Chong Chul Rhee 8th degree & Grandmaster Young Ku-Yun 9th degree TKD/YJD
- Also I was a competitive Boxer Trained by my father 'Qld champ 1948' and my grandfather (Bert Healy Snr.) who ran a 'pro' boxing gym for 50 years.
  - Specializing in the 12 week transformational Challenges / before & after Programs (Original Body for Life™ Coach in Queensland)
  - Fitness & fat-loss consultant/sales/marketing for many Weight loss & Health Centers
    - Company Director Chan-Healy Corporation (Import/Export Asia/Pacific)
    - Chairman & Secretary Apostolic Faith Church
    - National Apostolic Delegate for Doctor Thomas



## THE PROBLEM:

Normal 'personal training' centres on simply 'Physical training' only, most trainers simply wish to 'rush you through' in ½ hour to maximize the \$ value of their 'hourly rate' normally \$35 per ½ hour. Rarely is there any consistent nutritional advice , regular 4 weekly body-fat analysis, and therefore 'hit and miss' RESULTS !

## No Real DEFINED TARGETS and as a result UNDEFINED RESULTS

- Health Centers simply provide a 'Facility' for you to train at , with most memberships averaging around \$10 per week , you cannot expect too much 'personal service' beyond an 'initial program'. Some Health centers 'Promise everything' including 'so called' Personal training , but, generally you find the personal Trainers are in-experienced with no real 'track record ' themselves and it is all a 'gloss over' to 'get you to sign up'
- Weight loss- centers usually focus on low calorie diets(some providing food for you at considerable weekly cost) this is a 'recipe for 'rebound disaster' as usually they employ 'sales staff' who have 'no idea' of exercise prescriptions or the 'big picture' they are simply trained to appeal to clients 'emotions'

## THE FACT IS THAT YOU HAVE TO PUT IT ALL TOGETHER TO ACHIEVE SUCCESS !

## THE SOLUTION:

Based on my 30 years of 'EXPERIENCE' in the health and fitness Industry HEALY'S AFFORDABLE PERSONAL TRAINING offers the following SOLUTION to the above 'Problems'

Our OBJECTIVE IS to get you:

- **LEANER** (reduction of Body-fat)
- **STRONGER**(increase of Muscle/firm and tone)
- **FITTER** (Increased cardiovascular capacity)
- **HEALTHIER** (Body functioning more efficiently = extended active life)

## HOW?

**A)LEANER**—we will 'scientifically' skin fold test you every 4 weeks to ensure that you are reaching correct body fat loss objectives (tape measurements & strength testing in some cases)

**THIS ELIMINATES GUESS WORK** and makes 'everybody' accountable! .also,

we will complete **12 week PROJECTIONS** for you as an 'estimation' of your targeted **RESULTS!**

**B) STRONGER**- as part of the above (A) process of Body-fat analysis we can also calculate and gains in muscle, or more importantly **LOSS IN MUSCLE**. 1kg of Muscle burns 120 calories of energy per day so 3 extra kg of muscle (firm and tone) helps you burn an extra 360 calories of energy per day!.

Note: DIET focused weight-loss center's NEVER test the above! The word 'accountable' does not exist! I challenge any of these centers to **BODY FAT** test clients accurately to **PROVE** you are losing body-fat! Not valuable muscle tissue and fluid! Absolutely no takers I guarantee!

**C) FITTER**—as a cumulative result of our training process and program I can guarantee you will be the 'Fittest' you ever have been in your life!

D) **HEALTHIER**- Vitamins & Supplements are such a 'confusing subject' at HEALY'S we sort it all out for you with our basic recommended 'tried and tested' Supplements that we use to get the **FANTASTIC BEFORE and AFTER PHOTOGRAPHIC RESULTS.**

Not only do you get a great 'physical' result you through our Nutritional advise in combination with supplements, Your **HEALTH** dramatically **IMPROVES** in line with the physical changes.

***OUR OVERALL OBJECTIVE IS TO EDUCATE & MOTIVATE  
at an AFFORDABLE RATE!***



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