

NEOGYM - it starts here



Our Team

Looking forward to welcoming you to our club. . .

Eamonn Brady Pro Golfer PGA ORDER OF MERIT CHAMPION 2015

Here is my story . . .

2015 was a great year for me. I won the PGA Irish Order of Merit, winning 8 times and 23 top 5 finishes. I qualified to play in the Irish Open and the PGA BMW in Wentworth in 2016. Compared to my golf performance over the last ten years this was a dramatic turnaround in form. There was definitely no coincidence that a year ago I walked into Neo Gym for the first time. I went with the intention of just getting fitter and stronger with no thoughts of improving my golf. Upon arriving and talking to Richard and Cath I knew I stumbled on more than a gym. After experiencing what they can do, having NeoGym local to us in Clontarf is quite a find! They asked me why I wanted to train and quickly turned my focus to my golf and what I would like to achieve. From there a plan came together. Following that plan has been hard work but with the help of the Neo Gym team it has reaped massive rewards. I would like to share the areas that helped me improve so dramatically and achieve my successes in 2015.

SET YOUR GOALS

I spent the last few years wanting to play good golf and win some tournaments but I never set clear goals and had a vision of what I really wanted to achieve. Setting a clear goal was the foundation of everything that followed.

WORK ON YOUR MENTAL GAME

NeoGym has taught me many psychological methods to improve the way I think and behave before and during performance. Richard Morrissey introduced me to the benefits of high performance psychology, sports hypnosis and the power of suggestion amongst other invaluable psychological techniques. This has given me more ownership of my mental game and hence I work on practicing and improving my mental game with the same regularity as I train my body in the gym.

LET YOUR PHYSIQUE HELP YOUR TECHNIQUE

I spent less time this year trying to improve my swing technique by being



HEALTH BENEFITS OF TRAINING WITH US

IMPROVES

- Strength, Posture, Flexibility
- Balance, Mobility, Stamina
- Bone density, Core stability
- Circulation & Hormone balance
- Confidence & Wellbeing
- Body image
- Energy & Sleep
- Mental alertness
- Sports performance & Explosive power
- Metabolic rate
- Strength of joints, ligaments & tendons
- Enhances performance of everyday tasks

REDUCES

- Stress & Anxiety
- Body fat
- Risk of Diabetes
- Risk of Cardiovascular disease
- Back pain
- Osteoporosis
- Arthritis Symptoms
- Metabolic decline that comes with age
- Appearance of Cellulite
- High blood pressure
- Bad cholesterol
- Symptoms of PMS
- Risk of injury

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technical. Instead I let my gym work help my physique and as a result my swing improved. The golf swing is a very athletic move and requires a lot of physical skill so it goes without saying that if you improve the athlete you improve the swing!

NUTRITION IS THE FUEL FOR THE MACHINE

Neo Gym thought me the importance of the body in high performance and with all the work I was putting into the gym it became clear that it was all for nothing if I didn't eat the right foods at the right times.

DISCIPLINE AND HARD WORK!

The NeoGym team gave me all the tools I needed for success, but it still came down to me to do it! Discipline and hard work was needed to apply all that I was thought. And yes NeoGym even helped me with this! I learned that even though you are the individual doing it you need a good team around you! NeoGym is my team and I feel there's nothing we can't achieve together!



Are you a TIME WASTER?

WARNING: If you are addicted to working out, and enjoy spending hours in the gym hogging sweaty benches, while posing in front of a mirror, then this article is NOT for you. . .

If you want to be fit for life, without having to make fitness your life, then keep reading. . .

Have you ever had a bewildering experience whereby you see someone training in a gym, in a manner which resembles a confused circus act? Sadly this is a scene which can be observed in gyms, more often than it rains in Ireland. Although you may be tempted to believe they are performing the latest fitness craze, what these blissfully unaware individuals are actually doing is throwing weights around in the mere hope they are doing it right.

Often times, these people are unknowingly performing the wrong exercises and choose the gym equipment which is counter intuitive to their desired results. Considering results being the main objective and the way the human body functions, often what they are doing makes absolutely no sense and at best is purely a time wasting exercise and at worst may cause themselves injury in the long run.

Then we have the ones who have hectic lives yet know the importance and value of regular training. So armed with some knowledge coupled with plenty of guesswork embark on their fitness journey. Often with the belief that the more you do the better the results, while confusing post work out exhaustion with progress.

Maybe they are determined to shift some excess weight or keep youth on their side so end up spending an hour a day 4 to 5 days per week working out. This form of training is another fantastic time wasting exercise and on top of an already hectic lifestyle adds even more stress and often causes them to give up out of frustration, boredom and lack of results.

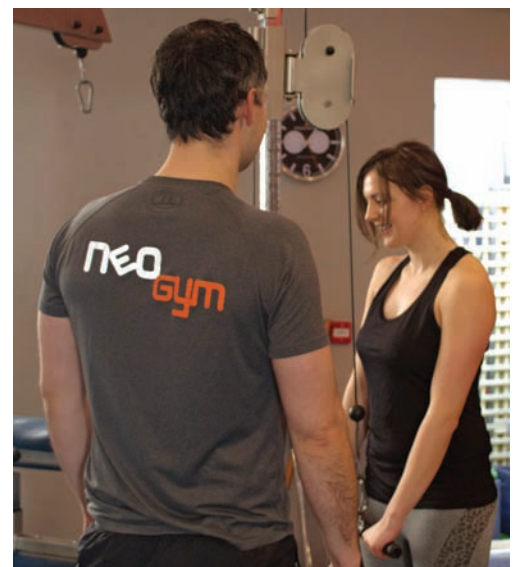
If you want to be fit for life without having to make fitness your life, then you must be able to answer the following questions:

- What exactly is my goal?
- What is the best training style for me?
- How many reps & sets do I need to perform?
- How much rest time do I need? How much intensity do I need to train with?
- How long should I train for?
- Should I warm up and cool down?
- Should I eat after training?
- Which foods and what quantity should I eat?
- How do I keep progressing?

Why leave your fitness to chance, knowledge is power, having a knowledgeable Personal Trainer at your side is the solution, however to have a trainer with you for every workout can prove to be expensive. This is why at NeoGym we want you to be training with absolute flawless technique, hence you can have an expert Personal Trainer with you for each and every workout at a fraction of the price, (less than €20 per session) as part of our G4 Programmes.

Some of our members have in the past been training in gyms for an hour a day 5 days per week yet got nowhere. Now they achieve their desired results here with us by training for only 30 minutes 3 times per week and benefit from always having expert guidance at hand. Forget time wasting, stress and confusion, cut the fluff out of working out. Its time to get precise. Due to our innovative programme design, our workouts are both time efficient and extremely effective, making every second count while you train with absolute correct technique under the watchful eye of your trainer.

It is time to enjoy your gym time and fit it in seamlessly with your busy lifestyle. There are 10,080 minutes in a week, invest 90 of those minutes here with us in NeoGym and experience the difference it makes to you.



Call us now and become a member. . .

BALANCING- Career, Family & Me Time

There are enormous benefits to being a NeoGym member. As a working mother, being a part of NeoGym has increased my energy levels to fully recover from pregnancy, to run after my daughter who is a bundle of energy while succeeding in a full on career. I have to balance two personas, a scientific researcher and a busy loving mother. As a research fellow and lecturer at the top university in the country, This role is both challenging and time consuming. I also don't want to miss a minute of my beautiful girl.

Importantly, NeoGym stands apart from the rest as it fits in around my two demanding roles, the 30 minute sessions three times a week were scheduled to easily fit with my busy work and family life. I was cautious to return due to the weakened muscles

associated with pregnancy. NeoGym developed a return to training schedule for me which along with eating right, fast tracked me towards "getting my body back", while the personalised service made me feel safe and secure. Once I started taking care of my body through working out, I was more motivated to improve my diet. What's more this has naturally led on to my family eating healthier as well so there are knock on positive effects not limited to myself. My improved energy levels allow me to go for longer and get more out of my precious days. Not only is NeoGym time just for me, it means I am clearer in the head, less stressed and more productive as a successful career woman.

My research focuses on how the body's immune system malfunctions in obesity-

associated cancer. Due to my scientific background, I am aware that the benefits of exercise are linked with preventing or easing the negative effects of many illnesses, ageing and specific treatments. This includes cancer and some disorders of the immune system. It has been shown that low levels of physical activity can increase the risk of certain cancers. It's thought that more than 1 in 20 cancers in the UK are linked to being overweight or obese and the trend towards obesity in Ireland is dramatically increasing with Ireland on track to being the most obese country in Europe. Although there can be no guarantees in life, being fit and eating healthily remains the best approach to anticipating a healthy long life ahead filled with energy to do the things you love. and want to do.

MY ADVICE:

The best "health insurance" you can get is to regularly partake in an intelligently designed exercise regime which blends easily with your lifestyle.. This is something NeoGym excels at ! See you there. . .



Dr Maria Rooney,
Ph.D.

KEEP ON RUNNING | EXPERTS CORNER

Our very own running expert, Richard Morrissey Senior, Veteran Marathon Runner & Ultra Endurance Athlete -Successfully completes 100 mile not stop races.



For many running is one of the most enjoyable fitness activities you can do. However, there are many beginners and intermediate running enthusiasts who fail to adhere to basic principles. As a result cause themselves unnecessary injury and wear and tare on their bodies which causes them to give up before the benefits can be experienced.

For those who wish to take it up, here are some tips to ensure a positive running experience.

Tips for Beginners

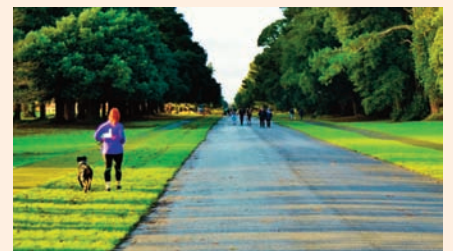
1. Ensure you have the correct footwear
2. Run on soft terrain, such as grass and medium hard sand and even tarmac, AVOID running on concrete.
3. Choose traffic free locations
4. Run with a friend
5. Begin by walking as a warm up
6. Run as slow as you can for as long as you can
7. As you progress increase your speed, then alternate between running fast and walking (1 minute intervals)
8. There's no need to be completely out of breath
9. Vary the terrain and environments, run on hills in addition to running on the flat
10. Stay hydrated - sip pure water as you run
11. Don't just run. Joggers who only run are more prone to injury. It is recommended to partake in resistance / weight training in conjunction with running. This ensures supporting muscles become stronger, while giving your primary running muscles a rest
12. Enjoy your run

Top 3 RUNNING SPOTS LOCAL TO NEOGYM

1. Dollymount Beach



2. St Annes Park



3. Clontarf Promenade



To read tips for advanced runners visit the blog page of our website:

www.neogym.ie



The gym for people who don't like gyms. . .

NeoGym provides a new way of getting fit because everything we do challenges the traditional gym experience by combining the most effective forms of training, nutrition and psychology.

Our skilful team is committed to providing an exceptional experience for our members, while our personalised approach and uncompromising attention to detail allows us to surpass your expectations in terms of the results you achieve and the quality of service you enjoy. . .

See our programmes below:



G4 Fit For Life Programme

Where the art of group training becomes a science...



G4 Golf Programme

Why train like an amateur when you can train like a pro...



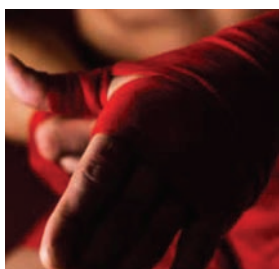
G4 Weight Loss Programme

Love your body...



G4 Runners Programme

Build a physique that is better prepared for a lifetime of running...



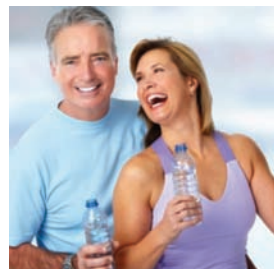
G4 Athlete Programme

Enhance your sporting performance by spending only 90 minutes a week with us...



G4 Post Pregnancy Programme

Congratulations you've had a baby...



G4 Rehab Programme

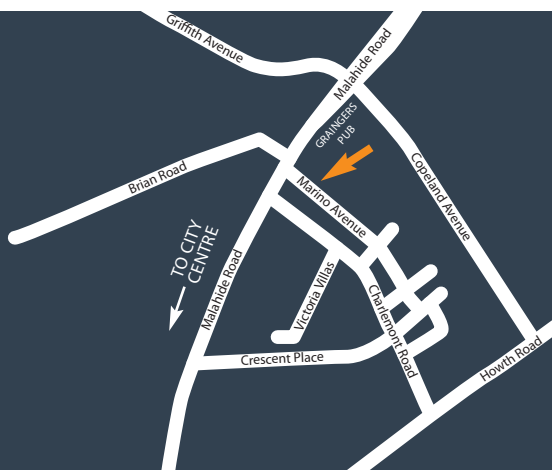
Ease your body back to fitness. . .



Athlete Clinic

Develop your mental game

Call us today to get started. . .



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SUPPLEMENT SHOP

NOW OPEN TO THE PUBLIC !

We stock quality not quantity...

What began as a mission to provide our members with the most effective and health conscious food supplements, has resulted in requests from the public to offer advice on which products work best.



Book your FREE consultation to discover which supplements will work best for you and your training style.

Call Mark on: (01) 9029250

Specialised Weight Loss Clinic launching soon, register your interest at: info@neogym.ie