



Healy's Health & Fitness
***Lower Back Care * Fat Loss**
***12 week Transformations**
Mobile 0411-393-503
www.healyshealthandfitness.com.au

Graham was the original Body for Life Coach and created the **12 week Transformational Challenge** which targets fat loss goals for people of all shapes and sizes.

Graham Healy also specializes in Lower Back care, using training methods which include Nautilus Machines and a team of chiropractors and associated specialists (including Acupuncturists and Radiographers).

Graham Healy is a registered Partner of the Australian College of Sports Development (which is a Registered Training Organization). This means that Healy's can also educate and certify Fitness Instructors and qualify them to levels including Certificate 4 in Sports Coaching and Fitness.

Graham Healy also specializes in Self-defence Courses, classes ,workshops and seminars , he has taught Corporate self-defence at Queensland's Largest Legal firm where he instructed over 400 staff over a four year period , he is founder of INTIGRATED COMBAT SOLUTIONS which has modularized skills and drills from boxing, Tae kwon Do, kick boxing and Commando Krav maga

Graham Healy literally 'trains the trainers'.

Graham Healy's background

- Graham has been in the industry for 40 years, and has a background in Boxing, Martial Arts, and Olympic weightlifting (trained by famous Olympian Nevel Perry).
- Graham has Diplomas in Sports Coaching and Fitness
- Graham is an 8th Dan Black Belt Master in the Martial Arts.
- Graham ran his own Health Centre 'Healy's Family fitness' for 4 years in Townsville North Queensland where he had over 1,500 members .
- Graham built and installed a corporate fitness centre at one of Queensland's Largest Legal Firms
- He was the Marketing manager of Pacific Fitness and has promoted 13 other health centres in the Brisbane and Gold Coast areas.
- Over the last 15 years he has had an active involvement in Movements Fitness Centre (Buranda Centro Shopping Centre), where he ran the web site marketing, personal training/martial arts and lower-back care business(and completely turned around the marketing figures from zero to over 1,000 hits per month).
- Graham has thirty plus years of testimonials from lower back care to weight loss clients happy with the results Graham has provided as opposed to elsewhere.
- Graham has an established client base as a result of his years of coaching and multi-faceted business experience.

For more information please visit my extensive website www.healyshealth.com

Start your 12 week Challenge NOW!



lose up to 10kg fat in 12 weeks!

TRANSFORMATIONAL CHALLENGES refer www.healyshealth.com

- 12 week challenges conducted by Graham Healy the original Body for life Coach™ Complete package on nutrition, fat loss and total health.



Lower Back Care

95% of people have Lower back problems
 Graham Healy has developed a successful system using his famous *nautilus hip and lower back machines!*
BE RELEASED TODAY!



LOWER BACK CARE

- 30 years of successful testimonials of Lower back care, seemingly impossible cases solved .



SELF DEFENCE

- 30 years of Self-defence courses ,workshops and seminars including corporate self defence and personal protection modularization

PROJECTIONS OF BRAND NEW HEALY'S HEALTH and FITNESS

LOCATION

- FUTURE Location (being negotiated) at Logan Road Woolloongabba , Brisbane Qld 4102
- Area 500 square metres with HIGH ROADSIDE EXPOSURE

MARKETING BUSINESS PLAN

- Gym equipment will be a mix of Nautilus and cal gym and magnum equipment Privately purchased re-manufactured and quality pre-used commercial grade equipment to keep the establishment base cost very low.

For example a brand new high tech treadmill can cost up to \$18,000 Aud , a good quality remanufactured commercial treadmill with 2 years workshop guarantee can cost under

\$2,000 Aud savings of up to ninety percent can be achieved this way in careful selection of commercial stock.

- Healy's Health is associated with Australia's largest gym equipment remanufacture and has already an established working relationship with this organization which relates to quality 'hand-picked' gym equipment screened by Graham Healy personally.

PRE-SELL MARKETING PLAN

- HEALYS HEALTH WEB SITE has a special Google Adword marketing plan factored into the new specially built www.healyshealth.com this web site will have all the elements combined together to produce maximum results as far as client generation is concerned. Graham Healy developed this marketing system at Movements fitness centre where he turned the old Movements web site around from zero hits to over 1,000 hits per month and constructed the 7 days free process to generate NEW CLIENTS to movement's fitness. Graham in association with his web master Marty Mills developed the system to be totally unique and effective and with PROVEN RESULTS.

Ad Word/WeB Site Strategy for www.healyshealth.com

- 6 weeks of focused Ad Word Cycle of adds
- First 14 daysTo Be Advised for 2014
- Second 14 days To Be Advised for 2014
- Third 14 days To Be Advised for 2014
- **Living Social Advertising campaign**
- To Be Advised for 2014
- The Reason why Living social is timely placed in the middle of the ad word campaign is so that we CONCENTRATE the marketing to BEFORE the GRAND OPENING on To Be Advised for 2014

FOUNDATIONAL MEMBERSHIPS

- **First 500 members at \$499 Cash or \$99 deposit and \$10per week direct debit**
The target of pre-sell is \$250,000 in the bank prior of Grand opening day To Be advised 2014

Estimated Cost of Gym equipment

- \$50,000 Aud

Estimated Cost of Re-furbish

- \$45,000 Aud

RENT OF Logan Road Site (To Be Advised with further negotiations) (with 6 months initial rent Free)

- Initial negotiation \$123,000 per annum = \$2,365 per week Gross
further negotiations required a further negotiated downward proposal of \$85,000 per annum = \$1,634 per week Gross Rent to make business more viable in current economy conditions

Personal training Team (Trained by Graham Healy)

- Sub-contract with own ABN therefore no burden to Healy's Health's bottom line

Reception Staff

- Trainees three staff on rotation to man reception counter

PROSPECTUS OFFER (A)

INVESTMENT UNITS IN HEALYS HEALTH and FITNESS Pty Ltd

Unit amount in Aud	Interest paid	Paid 6 monthly	Total Interest	Other Benefits
\$1,250	10% pa	\$62.50	\$125.00	1 Adult Foundation Membership Value \$499 FREE
\$2,500	15% pa	\$187.50	\$187.50	2 Adult Foundation Memberships Value \$998 FREE
\$5,000	20% pa	\$500.00	\$1,000.00	2Adult and 2 children Foundation Memberships Value \$1,497 (or 3 adults FREE)

Other Benefits of FOUNDATION MEMBERS INVESTORS

- a)Wholesale Supplements from our URBAN MUSCLE RANGE
(plus 10% extra discount below wholesale as listed on our web site
www.healyshealthstore.com)
- b)50% off any Personal Training \$35 per ¼ hour (Normal Rate \$70) also these sessions conducted personally by Graham Healy .
- c)20% off Self-defence Classes
- d)No extra Charges in Aerobics classes or Group Classes

Direct Debit system Investment System Available (Minimum 50 % deposit of Investment amount)

*direct debit clients there is a small transaction processing fee charged by direct debit company ezidebit
www.ezidebit.com.au

Unit amount in Aud	Interest paid	Paid 6 monthly	Total Interest	Other Benefits
\$1,250 deposit \$625 then \$26.04 direct debit per week for 24 weeks	10% pa	\$62.50	\$125.00	1 Adult Foundation Membership Value \$499 FREE
\$2,500 deposit \$1,250 then \$52.08 direct debit per week for 24 weeks	15% pa	\$187.50	\$187.50	2 Adult Foundation Memberships Value \$998 FREE
\$5,000 deposit \$2,500 then \$104.17 direct debit per week for 24 weeks	20% pa	\$500.00	\$1,000.00	2Adult and 2 children Foundation Memberships Value \$1,497 (or 3 adults FREE)

- Direct Debit after Deposit is taken over 6 months period or 24 weeks
- At the end of the 12 month TERM Foundation Investors can WITHDRAW their original Capital (two months notice required in writing) or if Healy's Health is not notified the Investment Process is repeated Year by Year .
- Memberships of Investment Members are LIFE MEMBERSHIPS by this we mean that the Foundation Membership fee of \$499 per annum will never change for FOUNDATION MEMBERS , in the case of Investors the first Year's membership is FREE(refer above tables), there-after gym membership on the annuity of the 12 months cycle will be \$499 per Adult membership (Normal price \$799) so on the first year the Foundation (Investor) Member's membership is inclusive for the first 12 months, the second 12 months and thereafter a fee no greater then \$499 per annum per Adult membership's charged annually (or \$99 deposit then at \$10 per week direct debit foundational membership)

FOUNDATION MEMBERSHIP ONLY (Option B)**With no Investment as detailed in the above-mentioned tables**

- This Membership is simply a FOUNDATION MEMBERSHIP based on a reduced price structure, the FOUNDATION MEMBER be able to RENEW his or her membership for the same price of 12 months for \$499 annually (Normal Price \$799 save \$300) (every 12 month cycle) or renew the \$99 plus \$10 per week (save \$308) Foundational members Deal (direct Debit) (Normal price \$150 start up then \$14.95 per week direct debit.)
- direct debit clients there is a small transaction processing fee charged by direct debit company ezidebit www.ezidebit.com.au
If you choose to simply Invest in a FOUNDATION MEMBERSHIP ONLY please refer to the table below :

Foundation Membership Only Healys Health and Fitness	Benefits	
Option (A) \$499 Cash *can break into two payments \$249 then in 2 weeks balance \$250	Membership will always be the same price for Foundation members	
Option (B) \$99 deposit then \$10 per week for 52 weeks on Ezidebit *small transaction fees apply	<ul style="list-style-type: none"> • Supplements Urban Muscle Wholesale price • 20% off personal training • 10% off self defence classes • no extra charges for Aerobics or group Classes 	

Other Benefits of FOUNDATION MEMBERS INVESTORS

- a) Wholesale Supplements from our URBAN MUSCLE RANGE
(as listed on our web site www.healyshealthstore.com)
- b) 20% off any Personal Training \$55 per ¾ hour (Normal Rate \$75) also these sessions conducted personally by Graham Healy (or his personally selected PT).
- c) 10% off Self-defence Classes
- d) No extra Charges in Aerobics classes or Group Classes

Letter to the Investor/Foundation Member from Director of Healy's Health and Fitness Pty Ltd.

Dear Investor/Foundation Member,

I have decided to create this Investment prospectus after discussions with my good friend and lawyer Robert Phillips of Bristol Lawyers (whom I have know for over 20 years) ,the main reason that we have created this Investment opportunity is so that Healy's Health and Fitness can be supported by people who believe in what Healy's Health stands for .

After almost 40 years in the Health and Fitness business I have developed a UNIQUE personalized system for :

- Fat Loss in the 12 week transformational Challenges
- Lower back care with my famous Nautilus machines
- User Friendly and Safe Self-defence modularization

The Heals Health and Fitness Mission Statement is :

- 1)Serve Clients needs
- 2)Solve Health & Fitness Problems
- 3)Maintain a Atmosphere of Happiness & Goodwill
- 4)Build Lifetime relationships based on Integrity

"Your Health is your Greatest Asset" and I have followed that dream all my life and over the years, have lead thousands of people and build life-long friendships along the way , in something that I truly believe in and have been committed to long term.

I thankyou for this opportunity to show your support in my mission to make the world a better place through Health and Fitness and look forward to seeing you at Healy's Health and Fitness and at one of my classes or workshops or training sessions in the very near future .

In closing,

It is well worth noting that the **Economy globally is on a down-turn** and therefore Australia is effected accordingly , this has been due to an ever increasing Global debt bubble, and unlimited money printing (QE Quantitative easing by federal reserve banks) , this money has only gone into the hands of already bankrupt Global banks and equally bankrupt big business(too big to fail ,too big to jail) and zero of these funds have been funnelled into small to medium business (the engine room of any economy and employer of 95 % of the population) both in USA and Australia .

GLOBAL DEBT IS SIMPLY BEING RACKED UP EXPONENTIALLY

and Given to the above already insolvent global Banks and companies

Refer my web site www.nomorebull-s.com for Global Economic updates GH

One thing I can be very confident of and that we know happens in the case of Economic down turns (as we will no doubt are entering into as of 2013/2014) .

The facts are discretionary spending is at an 20 year all time low , and the investment on stock-markets and other products at the top end of this huge global debt bubble are verging on a serious downward adjustment, Currency Crash towards the end of 2013,begin 2014.

BE CONFIDENT IN THIS FACT

My style of Health centre and similar types of centres like Healy's Health and Healy's associated businesses , by this I mean Australian Owned and operated Privately owned businesses employing Australian staff, focusing on quality Personal service, and keeping the profits and TAX in Australian as verses other Gyms and Health centres tied into the Global financial markets and many of them global companies 'sucking the gym membership profits' out of the Australia to a somewhat questionable off-shore company structures and organizations.

BE REST ASSURED

That during Economic downturns or depressions or recessions (like the recession we had to have) under the Paul Keating Government in the 1990's refer <http://www.abc.net.au/lateline/content/2008/s2379522.htm>

The FACT WAS THE HEALTH & FITNESS INDUSTRY BOOMS IN A RECESSION IT DID IN THE 1990's AND IT WILL IN THE 2013,2014 pending Recession.

It Did in the 1990's both in Australian and the USA and we are Set to BOOM again and the reason for the very same reasons and that is that a **Gym membership** and the associated fees are **small ticket items relatively speaking**, at the end of the day a gym membership at about \$14.95 per week is a **SAFE INVESTMENT** compared to a Volatile and unstable Global stock market and artificially 'stimulated' Asset prices both in Housing Locally and Globally.

SO IN A RECESSION

People naturally are very cautious (and understandably so) of 'BIG TICKET INVESTMENTS' so you will find that people will 'hold onto their money' and invest in **their own Health and well being** , and secure assets like Gold and Silver.

THIS IS THE TIME TO INVEST IN YOUR HEALTH & WELLBEING

For the above reasons, I don't say this from a 'sales and marketing' perspective, but from the perspective that after 40 years in the Health and fitness industry I have noticed the economic cycles as described above and there I encourage you to INVEST IN HEALY'S HEATH and WELLBEING as a Safe house for you and your family while we all wait and see what happens Globally over the next 3 to 5 years.

Can you think of a better Investment then your own and your family's Health and wellbeing?
I look forward to seeing you working out soon and remember as we watch the Global Debt Circus unfold together , we can work on our greatest 'real' asset our Health and wellbeing .

"Your Health is your Greatest Asset"

Yours in Health and Wellbeing,

Graham Healy
Mob 0411 393 503
Principal Health's Health and Wellbeing
Director Healy's Health and Fitness Pty Ltd
Diploma in Sports Coaching & Fitness
8th Dan Martial Arts Master
Former Middleweight Olympic Weightlifter 1076 Queensland Titles
(trained by two times Olympian Nevel Pery)
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