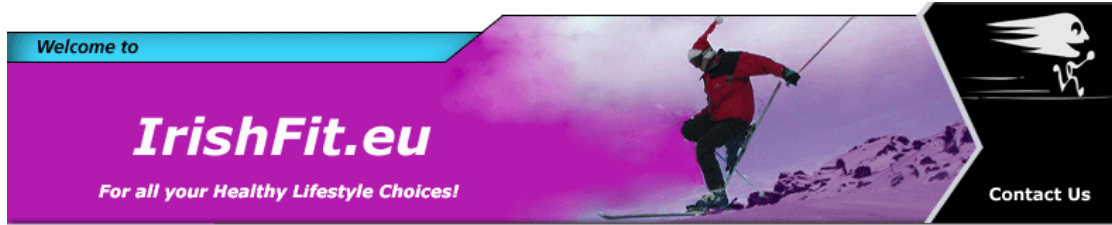


# NEW YEAR FITNESS DEALS AT



**Sports Injury and Performance Clinic**

☎ 01 2846107 ✉ [leo@irishfit.com](mailto:leo@irishfit.com)

*The faster you run – the faster you're done!!*

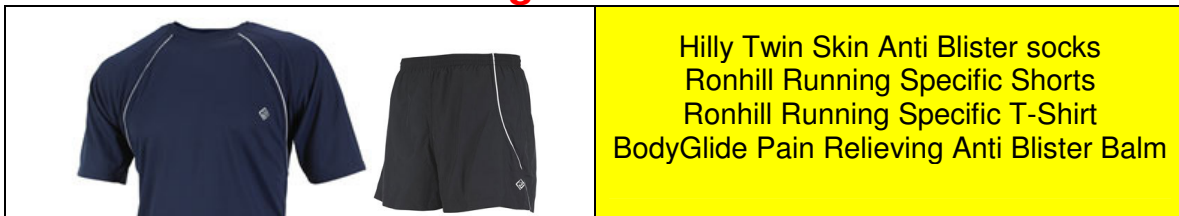
## Test your New Year Resolutions with a Fitness Test

Buy a Fitness test at [www.IrishFit.eu](http://www.IrishFit.eu) in January

And get a Retest in 3 months for Just €150  
Total package includes

- Initial VO<sub>2 max</sub> and Resting Metabolic Rate Test to
- Identify your current fitness level
- Identify which training areas you need to improve
- Individual Heart Rate target zone to optimise training
- Correct amount of calories per day needed to achieve your goals
- 2<sup>nd</sup> VO<sub>2 max</sub> and Resting Metabolic Rate Test in 3 months to check your progress

## Running Starter kit €70



\* While Stocks Last – similar packs available in Asics and Newline products

**Add a pair of Asics GT2140 Running Shoes for €90**

**Get a free Foam Roller worth €30**

When you buy 5 one hour massages

**Get a €10 Voucher for the Irish Fit Sports Shop**

When you get an Efficiency Running Gait Analysis

