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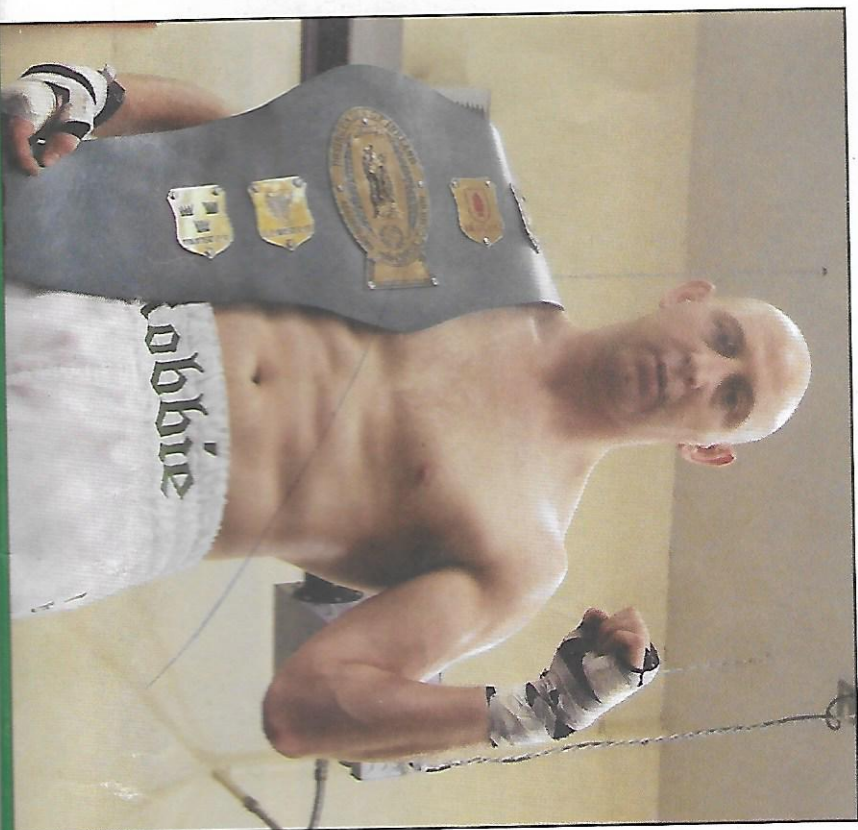
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SPORTS News and views

Your health is your wealth!

Robbie Murray has achieved what most would consider impossible, he has overcome chronic asthma to become an undefeated professional boxing champion. A sport that requires the ultimate of an athlete's mind and body.



tirelessly as club treasurer and trainer. Robbie said: "Stephen worked with me constantly with various exercises to enhance my lung capacity, with these and other changes such as my diet I managed to fully overcome Asthma by the age of sixteen."

This business graduate has reached the pinnacle of success in his sporting career representing his country around the world as a welterweight with the Irish senior boxing team and then going on to become an undefeated professional boxer and winning the Irish professional boxing title in 2005. He has been well publicised by the TV and media for his achievements in sport. Robbie went on to qualify as a fitness advisor and now uses his extensive knowledge and expertise as a health and fitness consultant.

Prior to making the move into the professional boxing ring Robbie was working as a financial advisor for Royal Liver Assurance and has now rejoined the insurance world as a sales

*He couldn't
walk the ten-
minute journey
to his local
primary school in
Ballyfermot*

insurance as an athlete has saved him thousands of euro. Through his years in sport as many athletes do, he has suffered many injuries that required medical attention including operations for a broken nose on four occasions!

Robbie is also very involved in the health and fitness industry and has given many talks to schools and at health seminars concerning our current health crises. He also does a lot of work as a personal trainer and launched Robbie's Fitness in April 2007 at a three-day health seminar where he was also guest speaker in the Civic Offices in Ballyfermot.

Robbie is a sought after trainer and has trained top amateur and professional athletes. He is now offering personal training packages to all Hibernian staff members at discounted rates.

To find out more about Robbie and his personal training packages visit his website at www.robbiesfitness.com or check out the gym section on The Beat.

