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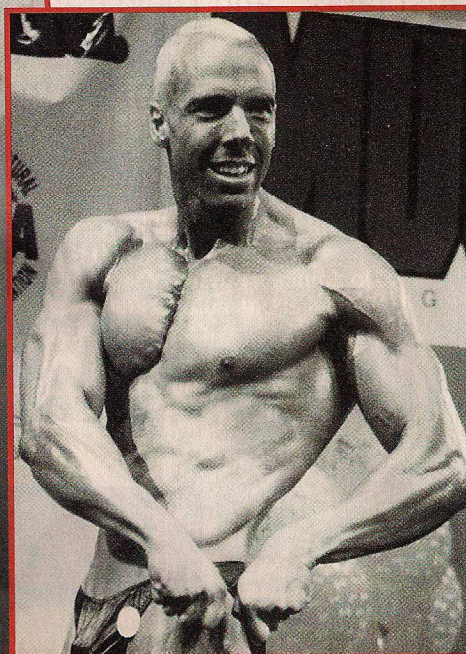
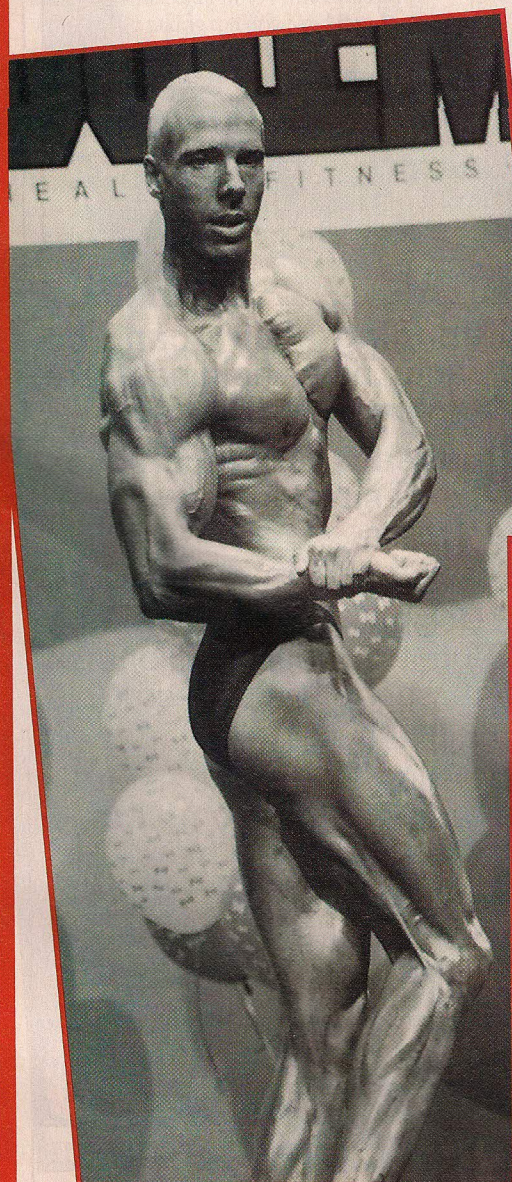
# From Deathbed to Champion of Life!

*We at MuscleMag would like you to do us a favor. Rate this man's physique, will you? But before you do, here's a little background that may have a bearing on your appraisal. This man's name is John O'Meara and,*

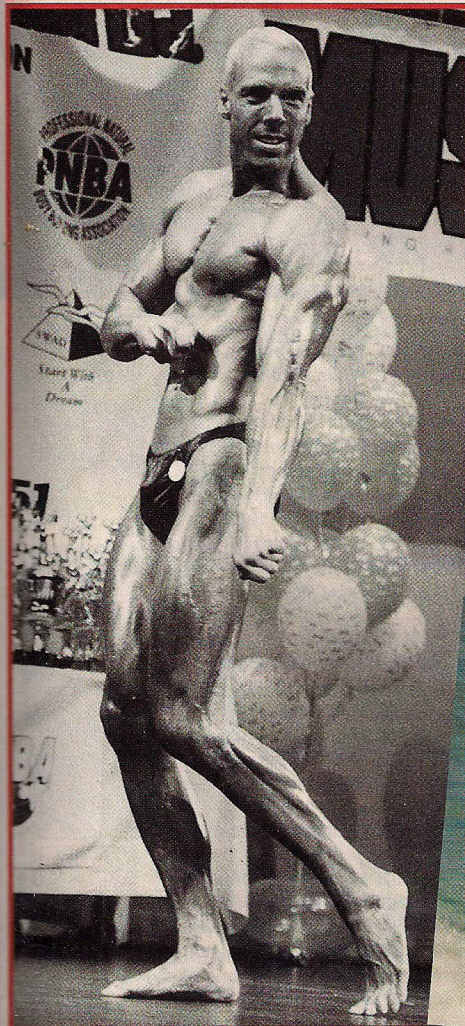
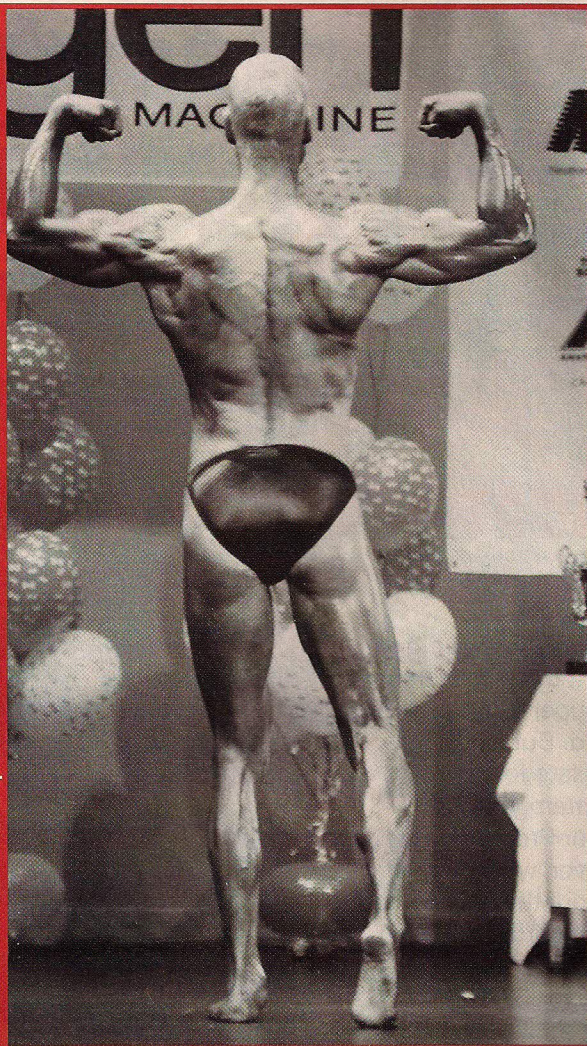
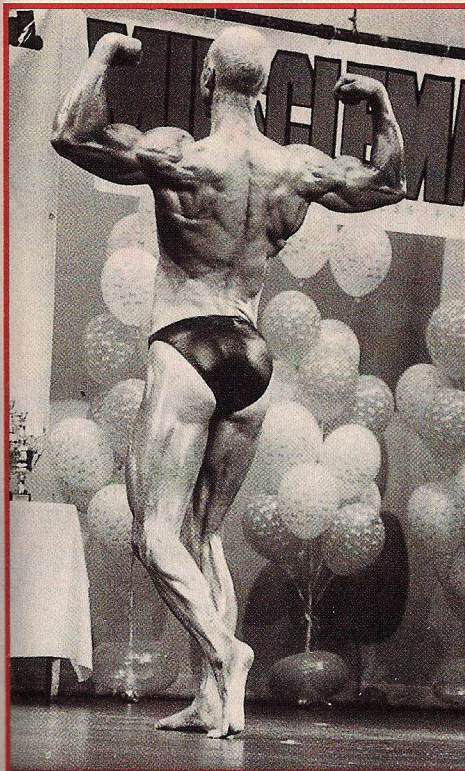
*although he's a serious bodybuilder with a second to his credit in his first Natural contest, he'll most certainly never win the Mr. Olympia. But you know what? Lack of major success doesn't bother John, he's already won the greatest prize of all – life itself!*

*Check this story out, if nothing else it's a positive plug for bodybuilding.*

**O**n May 5th 1997, John, a 35-year-old non-smoking graduate of Southern State Connecticut University, and fifteen year fitness consultant, was diagnosed with esophaglia cancer. His doctors were shocked. Never had they had to tell a man of his age such devastating news. Statistics showed that people in the 60 to 70 year range were usually the ones to get this particular form of deadly cancer, not young, fitness-minded athletes who looked

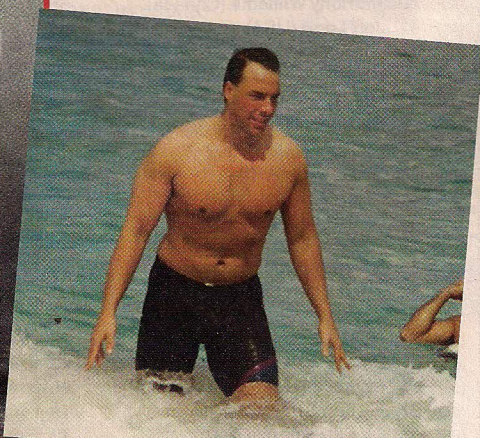


**How would you rate this man's body?**



as John did back then. Hell, there are cancers, and then again, there are cancers. This one had a survival rate of only five to 15 percent. All they could offer him was the knife.

The surgery was swift and brutal. Within weeks he had lost eight inches off his esophagus and one-third of his stomach. He was told to take three months off work and a minimum of five months of no exercise. But O'Meara is made of sterner stuff.



He was back to work in one month consulting and working out after recovering for seven weeks.

His cancer did reoccur one year later and metastasized to his lung. Even though he was sick, O'Meara kept training and because of his physical condition, his doctors decided he could handle a second operation. He underwent surgery again in May 1999 and had one third of his lung removed.

After this operation, doctors again told O'Meara that he should take three months off work and no exercise for five months. He went back to work in ten days! Then he competed in his first Natural bodybuilding show ten months later and placed second!

During his ordeal O'Meara lost 70 pounds, he couldn't eat because it was painful and it made him sick to his stomach. This made for a difficult recovery. He endured several trips to emergency rooms for stomach problems due to constant pain, as well as check-ups and cat scans every three to four months. He also lost his business and was unemployed. O'Meara came to Canada and was

hired by Extreme Fitness in December '98 (during his illness) on a consulting basis and started at the bottom. His first year there was very difficult putting in 12-13-hour days, seven days a week. On top of this, his family continued to reside in the United States while he lived with his in-laws in Canada.

Currently, O'Meara resides in Markham, Ontario and things are going well. He has overcome his debt; he's Chief Operating Officer and Partner of Extreme Fitness and his life has changed for the better because of fitness. His message to everyone is that if you exercise, maintain a healthy lifestyle and eat properly, you can overcome any obstacle in life and come out a winner as he did. Now O'Meara is concentrating on helping others who may be in a similar position to his.

*MuscleMag* says, "Well done, John. You may never be Mr. O, but you've already won the victory over death. Long life to you!"

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... Think before you do.