



Operation Transformation and St. Michael's House

Leader Profile - Dean McLoughlin



What is your name?



Dean Mc Loughlin



What music do you like listening to when you are exercising?

I enjoy listening to Phil Collins, the Backstreet Boys, 50 Cent and Eminem.



Who is your favourite sportsperson?

My favourite sportsperson is Katie Taylor because she is an excellent boxer and represents Ireland very well.



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Leader Profile



What is your favourite exercise?

My favourite exercise is using weights in the gym.



How many hours a week do you exercise?

I exercise 6 hours a week. I walk and I exercise in the gym.



What are your goals?

I would like to lose weight.

I would like to drink more water.

**Get involved with Operation Transformation and
St. Michael's House today.
Call the Leisure Centre on (01) 8483361**