Heartbeat Fitness

burn	do	go	join	keep
lose	play	run	work out	

Nowadays, everyone wants to be healthy. People understand that [1] _____ **fit** is important and many of them want to [2] _____ **weight**. Eating healthily is one consideration but [3] _____ **regular exercise** is equally important. The problem is knowing what kind of exercise is best. Many people [4] _____ **jogging** but find it boring and soon stop. Most people would love to [5] _____ a **team sport**, but don't have the time to make a proper commitment. Here at Heartbeat, we know that [6] _____ **a fitness club** is the perfect solution. Our activities and exercise options help you [7] _____ **calories** while you have fun.

At Heartbeat you can [8] _____ **in the gym**, [9] _____ **squash** or [10] _____ **yoga** and then go for a relaxing swim in our Olympic-size pool. Our membership prices are very competitive – phone now or visit our website. Who knows, perhaps by next year, you will be planning to [11] _____ **the London Marathon**!

LIVEWORKSHEETS