

Match the tips with the correct image.

Everyone wants to look good and get fit, so many of us go to a gym. In the UK there are over 6,000 gyms and 7 million gym members. That's a lot of exercise – or is it? A typical gym member spends £372 a year, but people spend £200 million every year on gym membership they don't use. So here are our top tips for getting fit without spending any money.

1 Walk up and down stairs. Don't take lifts. If there aren't any stairs and there's an escalator, walk up or down the escalator. Walking up an escalator uses ten calories, walking down uses four.

2 Get off the bus one stop earlier. You use about 80 calories for every mile you walk.

3 Walk around when you are talking on the phone. You use six calories **every minute**.

4 Wash the car. Don't use a car wash. Washing the car for 30 minutes uses 100 calories.

5 Do the housework faster than normal. You use four extra calories every minute.

6 Don't drive to the supermarket once a week. Walk to the shops three times a week and carry your shopping home. This can use 100 calories every mile.

7 Don't have a bath, have a shower instead. It saves water and you use one more calorie every three minutes.

8 Go for a run **twice a week**. You can use 150–200 calories a mile – and it's a lot cheaper than a gym!

