

**Mark:** Hi, Steve. Don't you usually go to the gym …….Saturday mornings?

**Steve**: I used …….. but I can't afford it right …….. I don't know what to …… to keep fit. Do you have any ideas?

**Mark:** Umm, well, have you thought …….. exercising at home? You wouldn't have to spend …….. money, plus you'd save a …… of time by not having to travel to and from the gym.

**Steve**: Err, I'm not sure that's such a good idea. When you exercise at home, you don't get a chance to use a variety of equipment. Plus, you're more …….. to get an injury when you exercise without a trainer.

**Mark:** I agree ……. are disadvantages, but you don't any equipment to …… aerobics or yoga. Why don't you buy a book about how to exercise safely by ……. ?

**Steve**: I suppose you're right. Thanks …… the advice!

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