



**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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