



Heartbeat Fitness

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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!**