



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!**