

# READING

## Fitness activities

### Exercise 1

The people below all want to do something to keep fit.  
There are eight descriptions of fitness activities.  
Decide which activity would be the most suitable for each of them.

1. Theo is new to the area and wants to get fit for the first time in his life. He is more interested in team sports and would like to make friends as well.
2. Barbara loves running and would like to join a running club. She can't afford a membership fee to begin with but if she likes it, she'd be keen to sign up and volunteer as well.
3. Tracy has decided to join a gym. She wants to have someone who can help and encourage her to work hard. She'd also like to go swimming at the weekend.
4. Steve is looking for a personal trainer and is returning to exercise after hurting his ankle. He is busy at work and needs someone who is available any day.
5. Debbie is a keen athlete and wants to find somewhere she can train on a race-track and compete against other athletes. She likes to train early in the morning.

### Fitness activities

#### A. Stevie's Gym

Stevie's Gym is well known in the area for offering the best in everything to do with health and fitness. Relax in our luxury swimming pool or use the latest equipment in the gym. It's easy to lose interest if you don't have the right support, and our skilled team of trainers will get you started and help you stay focused.

#### B. Blackwell Gym

The very best in personal service. Our members get a free health check when they join. We will then discuss your aims and design a personal programme to help you achieve your goals. Open six days a week, closed on Sundays.

### **C. The Arcadian Harriers**

We meet in the Arcadian Leisure Centre twice a week and set off on planned routes around the area. Join us on Tuesday for the 6k run and Thursday for the 10k. You don't have to become a member to run with us, but we'd love it if you did. We are also looking for people to help out with events.

### **E. Temple Health and Fitness**

Whether you want to improve your fitness or lose weight, you can be sure to find the support you need to achieve your goals with our team of personal trainers. Visit our website to view their personal profiles and areas of expertise. Currently we are offering sessions at weekends only.

### **G. Central Fitness and Leisure**

We are one of the larger leisure centres in the area and can offer a huge range of activities at our 24-hour gym and 400-metre running track that is free to use for members. Sign up to our monthly league table and see how your times compare to other members.

### **D. JDC Gym**

We offer personal, one-to-one training programmes for beginner and more advanced workouts. Our trainers are available seven days a week and can meet you at the gym or at a place that's more convenient to you. Build your strength and fitness and get help with any injuries you may have.

### **F. Arena Leisure Centre**

We know that some days are perfect for achieving goals in the gym, while others are best spent relaxing in the sauna. Whatever your needs, we can promise you a personal service. Please note the swimming pool is being used for competitions every Saturday and Sunday and is not open to the public on these days.

### **H. Sport Special**

For those who want to focus on their own personal fitness, Sport Special provides members with a modern gym with the latest equipment. The leisure centre also organises group events such as five-a-side football or hockey. After the match, get to know your teammates in the café for tea, coffee and snacks.