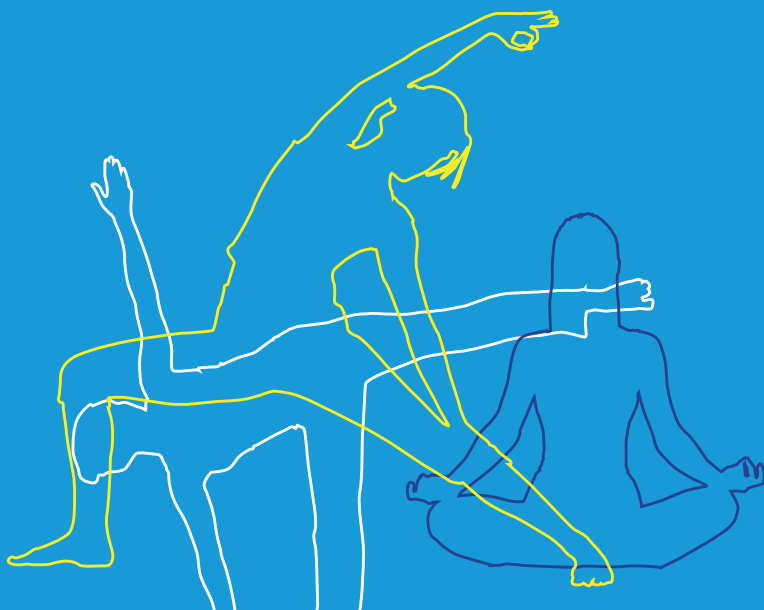


to exercise or not to exercise



*perfect pleasure*





# 10 questions we are constantly asked

- You say I don't want to look like a body builder.**  
We say You never will. The only way to get big muscles is to take steroids or exercise for 6 hours a day with heavy weights! Our programmes are aimed to give you a firm, toned body and an ability to burn an average of 20-30% more calories than you do without exercise.
- You say I haven't got time.**  
We say Once you start to see the results you'll soon find the time. Nothing is more satisfying than achieving your health and fitness ambitions. You start to look good, feel good and have more energy. All it will take is 30-40 minutes, once or twice a week.
- You say You're going to make me work really hard aren't you?**  
We say No we're not. Our programmes are designed to be enjoyable and fun. To achieve maximum fat burning you only need to work at an average of 65% of your maximum heart rate. That will feel like a brisk stroll.
- You say I'm too old.**  
We say You're never too old to start exercising and reap the benefits. Recent studies suggest that you will actively improve life expectancy and quality of life, even if you start at 80 years of age.
- You say I've never exercised before.**  
We say That could be an advantage, bad exercise habits can be as harmful as no exercise at all. Also twenty minutes of doing the right thing is far more beneficial than hours of logging away doing the wrong thing.
- You say I have to wear designer leotards don't I?**  
We say Only if you want to. It's actually best to wear something that's comfortable including a good pair of trainers. We won't send for the fashion police!
- You say I've got a bad back.**  
We say We can help with that almost immediately. 95% of back pain is caused by poor posture and inactivity, two causes which are simple to cure with exercise.
- You say I feel overweight and shy.**  
We say Join the club. After two or three visits you'll have a new sense of purpose and a new set of like-minded friends.
- You say The machines look very complicated.**  
We say They are simpler than they look. Our instructors will show you how they work and practice will soon make perfect.
- You say I'm getting enough exercise running around after the kids all day.**  
We say That's not much fun and not much good for you either. To be truly effective you must elevate your heart rate for a minimum of twenty minutes. Plus at the Club you'll be away from the kids and able to think about yourself for a change.