

## ***My get up and go – got up and went***

You're not a battery, you know. Quite the opposite, in fact. The more energy you burn, the more energetic you'll feel. And the more energetic you feel, the more likely it is that you'll enjoy your body.

For more advice on how ACTIVCITY Fitness can help you get your get up and go back, see the top tips for recharging your energy levels below.

Or better still, download a printable voucher.



## ***get up and go-go***

**Tired all the time? Are you sure you're doing enough? Whether you need to kick-start your energy levels or want to boost your immune system, these tips will give you a head-start.**

### **'I feel so tired...'**

It's a fact that exercise helps you sleep better, so it can actually make you feel less tired. But hold on there, because before you start any exercise programme at ACTIVCITY Fitness, you should talk to one of our fully qualified fitness professionals first. Just book a 1-2-1 and they'll help design a personal program that meets your goals.

### **'I can't relax...'**

ACTIVCITY Fitness isn't just about cardio-vascular intensity. We've got a whole range of activities that will help you enjoy your body in a balanced way. Feel your muscles relax in one of our saunas and let your mind and body destress in one of our classes, such as yoga, pilates or Fit-Mix - a combination of all three. You won't remember what tension is....

### **'I've always got a cold...'**

Stength Training is proven to boost your immune system. So as long as you're not under the weather to start with, it will make you feel better. It is one of the best ways to build up your fitness levels, and even if you're not an expert, you can walk on treadmills, use cross trainers to concentrate on your upper or lower body or just use the ´summit´ and kick those legs.

### **'I'm not sure I'm fit enough to start...'**

No matter how out of shape you feel you are, our professionals can help you get started, and guide you as you get fitter and fitter. Whichever way you look at it, 10 minutes spent exercising is likely to help you enjoy your body more than 10 minutes spent on the couch.