

## **I am not really overweight, but I wouldn't mind dropping a few pounds.**

Your body's like a machine. You put energy in, and you use energy up. Provided you burn more calories than you consume, you will lose weight. Exercise is the easiest way to do it.

For more advice on how ActivCity can help you drop those extra few pounds, see the top tips to weight loss below.

Or better still, download a printable voucher.



### **Start burning now.**

**Most of us would like to drop a few pounds. And the great news is that almost all of us can. It's a simple question of arithmetic: provided you burn more calories than you eat and drink, your body will have to use up some of the fat you have stored as fuel. And you will lose weight.**

#### **'I want to drop a few pounds. Where do I start?'**

It's entirely up to you, provided you burn enough calories. You might want to try ACTIVCITY RUN - an indoor cycling workout that will also condition your muscles - while using 'summits' is

a brilliant way to burn calories and tone your body with virtually no impact on your joints.

### **'How do I keep myself going?'**

Nothing's more motivating than success, so make sure you set yourself realistic goals. Then you've got a better chance of achieving them. Our qualified fitness professionals will be happy to help you decide on your targets, then devise a program that makes sure you can meet them. Once you have, you and your instructor can choose some new targets.

### **'I want to lose weight in specific areas. How can I do it?'**

One must create a caloric deficit in order to lose weight, meaning that more calories must be spent than consumed on a daily basis. Your muscles will burn calories 24 hours a day by themselves, just by being there. HiT-Training will actually turn your body in an automatic fat burning machine ! You can't choose where your body will burn fat, so you have to keep on working your whole body, and then you'll lose fat everywhere. Strength Training is a great introduction to resistance workouts, using the finest equipment available. And it'll soon give you a body you can enjoy more.

### **'I want a balanced workout, but I'm not an expert...'**

But you know someone who is: one of our fully qualified fitness professionals, who will be happy to help you design a well-balanced workout for your needs, and keep on adapting it to challenge you more.

