



## **No lumps of fat and gristle**

There's no two ways about it. If you want a more toned body, you're going to have to work at it, because it's all a question of burning more calories than you eat and drink. But provided you don't go crazy, these tips will help you get a body you can enjoy.

### **'I want to burn some calories...'**

Try all the treadmills, cycles, rowers or cross trainers or one of our calorie burner classes. These indoor workouts works your major muscle groups and helps you use a mighty wedge of calories every time. You'll still have to watch out for the cream cakes, though.

### **'I want muscles people can see...'**

Muscles only get toned if you use them. That's why ActivCity offers the whole range of strengths Training equipment to help you work all your major and minor muscle groups. Use it or lose it!



### **'Can anyone tell me what's best for my body?'**

Our fully qualified professionals are always the best people to talk to about any aspect of toning your body. When you join, they'll help you devise a personal program that meets your goals and they'll help you keep it up to date as your membership continues, so that you've always got a target to aim at.

**'I want to work on all my body at the same time...'**

Take Body Pump - a great introduction to resistance workouts, using barbells and dumbbells. You (and everybody else) will soon see the difference. And if you want a refreshing challenge, then our ActivCity aerobic class is an ideal way to tone up.

**I want to turn heads towards me.**

***-More toned less fat please.-***

When you look at a beautifully sculpted body, what's capturing your attention is muscle tone, not fat. There's a simple secret to toning: making sure you burn more calories than you consume.

For more advice on how ActivCity can help you get those heads turning *towards* you, see the top tips to a more toned body below.

Or better still, download a **printable** voucher.

