

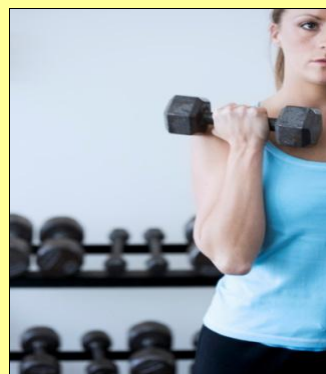
# Step right up!

It's the miracle cure we've all been waiting for.

It can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy to take, has an immediate effect and you don't need a GP to get some... It's name?

## Exercise!

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life. People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.



We've been helping people feel fitter and healthier since 1988!

To book a **Free** no-obligation trial to see how we can help **you** - call **01304 614000** today!



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