



The sun has got his hat on  
hip hip hip **HURRAY!**

the sun has got his hat on...

...and I am off to the **gym** today!

Yes I am...I'm going now...I really love the gym...and I am getting fitter  
...just look at me, don't I look great...it's such good fun...yes honest I  
am leaving in a minute...no I really am...really...I'll just finish...?!?!

Yet another excuse not to go?  
Too much like hard work?  
Are you finding it hard to get motivated?

Imagine how good it will feel now to be at the peak of your physical  
fitness, you are running along the beach, the waves are breaking at  
your feet, you can hear seagulls calling to each other overhead and  
smell the fresh salt air. You are toned, strong and happy...

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make your dream come true.

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