7sec: **ANN:** Everyone has a story, a message for the world.

From over 500,000 Anytime Fitness members, here are just a few.

6sec **MV1:** My health was in a very bad way,

and now my whole life is so much better.

It’s never too late.

5sec **FV1:** I want to show other mums,

making yourself a priority is better for everyone.

3.5 sec **MV2:**Fitness keeps me balanced and healthy *mentally*.

7 sec: **ANN:**At Anytime Fitness, we’re in it together.

Start the next chapter in your story, and join Anytime Fitness today.