



## MEMBERS WEEKLY UPDATE

23<sup>RD</sup> MARCH 2020

By the time you are reading this your Centre will have been closed and you are starting to self-isolate. It will seem strange at first to be missing out on your Gym visits which is why Donna will be posting regular exercise videos for you to incorporate into your daily life.

If you have kids at home they will probably find it fun to join in too and don't let Dad off the hook either.

Let's be clear why you need to include exercise in your daily routine even while your Gym is closed. Daily exercise has huge health benefits. As little as 15 to 30 minutes a day will benefit your blood pressure, your lungs and respiratory system, improve blood flow through your body carrying oxygen and nutrients and – perhaps most important of all – it will boost your immune system to help fight infection!

So make it an auto response when getting up in the morning to do your 15 minutes plus and, better still, do another 15 minutes plus each evening.

But we won't just be including exercise videos to keep you motivated. Your diet is just as important so we will also be including weekly diet recipes and advice PLUS health Tips too.

**Finally, don't be afraid to ask questions. These can be emailed to your Centre or addressed to our headquarters in Stafford at [www.gymphobics.co.uk](http://www.gymphobics.co.uk)**

## **DIET TIP OF THE DAY**

- Today's simple advice is to consider cooking just once a week Instead of having to cook every day.
- Why not have a cook day where you prepare delicious meals in advance for the whole week which can then be stored in your freezer?
- Many people find this much better than struggling to decide 'What will we cook today?' And of course it leaves you free the rest of the week to focus on other things. All you have to do each day is to look in the fridge to decide which mouth watering meal you are going to select.

## **SLEEP BETTER AND LOSE WEIGHT**

- Being overweight increases your risk of developing sleep apnoea, a disorder that causes you to stop breathing many times during the night, leaving you as tired when you wake as when you went to bed the night before.
- Sleep apnoea occurs when muscles at the back of the throat relax and temporarily restrict airflow as you sleep, restricting oxygen to the brain.
- Signs to look out for include snoring, gasping or choking noises during the night and feeling unaccountably sleepy during the day.
- The best treatment is to lose excess weight – fast!

- Follow our LSD Diet in conjunction with our 5/2 Diet. Your Instructor will no doubt have prescribed these to you but if you are unsure you should email your Centre for advice.

- Over the coming weeks we will be publishing advice on both these diets as well so do watch out for it.

**Check out our Recipes section on the Members area for new inspiring recipes!**