



## MEMBERS WEEKLY UPDATE

30TH MARCH 2020

If, like most of us, you have just spent a week self isolating at home, it is worth reviewing how you spent your time and considering how you might do better next week.

The instruction to stay at home came along without much warning but now that we have had time to assess what it means we should be working on a 'Plan' to ensure that we make the most of our time.

Who knows how long it will be before we get back to normal so let's resolve to focus on the benefits rather than the negatives.

It would be so easy to get depressed thinking about all the things we can no longer do while in isolation yet once we resolve to think only positive thoughts a whole world of possibilities can open up.

**So pencil and paper at the ready to write down a Plan to make the most of isolation.**

Why do I need to write it down you may ask. The best reason I can think of is the old adage "*A plan that is not written down, is not worth the paper it isn't written on!*"

So having resolved to prepare a written plan why not spend half an hour setting out a plan for each day in the coming week. Once you get going you will probably amaze yourself. Of course it goes without saying that once you have your plan for each day, you must resolve to be strict with yourself and be determined to complete each daily task that you have recorded.

Exercise should of course be on your daily plan each day so give some thought to what your intentions are and when you propose to do them. Will you be getting out to do some cardio (walking perhaps) most mornings and when will you plan to do a home workout? Ideally you will do both each day.

Having got your exercise schedule planned it might be a good idea to plan your diet for each day. Shopping. What will you be preparing and what time will you be eating? etc.

Once you have recorded approximate times for exercise and diet you will know what time is left for other plans.

Once you start to think what these might be, the possibilities can become endless. Think of all the things you have promised to do but have never got around to i.e. clearing

the cupboards of unwanted items perhaps? Painting some walls in the house? Gardening? Reading a book that you always intended to? Writing letters? Contacting friends?

Putting aside time to work with the kids on their homework perhaps?

By the time you have finished planning you may well wonder how there is enough time in the day. But make sure that you have included some 'me' time to relax each day. If not, you will soon be wishing Isolation was over!

**Approach Isolation as an opportunity – the chance to do many things that you just never seemed to find time to get around to in normal circumstances.**

Now the last thing we want to do is to become TV addicts and spend large parts of the day in front of a screen. But Isolation does present us with an opportunity to tune in to something during the day which normally we would never see. There are some amazing daytime programmes so here is a chance to enjoy something new each day but do limit TV time to an hour at the most.

Finally, we can't set goals without including a weight loss target if we are a Gymophobics slimmer can we?

Without a weight loss target there is a real chance that we will eat more when we are confined to the house. Losing a 1lb each week should most definitely be part of the plan. Jumping on the bathroom scale when you get out of bed each morning may be just the motivation you need.

**Finally, don't forget to check in for Donna's weekday live screening at 11am on our main Facebook page, you can find the link on your Centre's Facebook page, and on our website banner!**

Oh, and don't be afraid to ask questions. These can be added to your Centre's Facebook page.

Have a great week!

**The Gymophobics Franchise Team**