



MEMBERS WEEKLY UPDATE

6TH APRIL 2020

Well, that's another week of isolation done. How have you managed? Good we hope. Are you keeping yourself in positive mode and thinking '*That's one week closer to getting back to Gymophobics*'. That is surely a better option than allowing ourselves to sink into depression.

It might be a good idea to draw up a list of things that you can do during lockdown which would not have been possible normally. Once you get started you may surprise yourself. For example :

- Getting out for a daily walk and not having to limit the time!
- Walking in places you may not have visited before.
- Putting time aside each day to read a book that you always meant to read but never had the time
- Watching a day time TV show that was never possible normally
- Clearing drawers or cupboards that was long overdue
- Moving furniture around perhaps
- Calling friends and family who you haven't spoken to in some time
- Cooking up things that you wouldn't have done normally
- Writing letters that you always meant to do but never found the time
- 10. Doing a daily home workout
- 11 Getting out into the garden and tidying up

Once you get going on your lockdown plan you will soon start to wonder how you will ever manage to cope when things get back to normal!

Now here's a thought. Have you taken on board our suggestion that you jump on the bathroom scales each morning? When attending your Gymophobics Centre we always suggest that a weigh In should only be done once a week. But now that we are in lockdown a daily weigh may be more effective.

It would be so easy to snack when you are at home all day so an early morning weigh-in makes a lot of sense. Hopefully, if you are a slimmer (not all our members are of course) a daily weigh in will force you to confront snacking if, heaven forbid, you have gained any weight.

As you will know from your Instructors, a 1lb weight loss each week is an ideal target. It may not sound a lot but over a year it amounts to nearly four stones!

Now just in case you are tempted to miss out on a daily home workout there is a nasty stat worth remembering. Our muscles begin to atrophy and sag after just 72 hours of inactivity. That's why it is important to exercise all seven major muscle groups every other day. So make sure that you are performing exercise for Shoulders, Chest, Back, upper Arms, Tummy, Hips and Thighs. No need to work them all every day of course. Do some one day and the others the next.

How much should you do? Two sets of ten repetitions of each exercise is a good start and increase from there if you can.

Members are given a book of home exercise when they start so you will find plenty of exercises to choose from in there.

And while we are talking daily exercise, we mustn't forget to do something for our heart. A few minutes of cardio every day is essential. That could be a walk, a few minutes of skipping or even jogging on the spot. In fact anything that gets us puffing a bit and raises the heart rate. How long we should do this for is a matter of debate but current thinking suggests that even five to ten minutes daily can make a significant difference !

If we all follow these simple guide lines we can look forward to returning to the gym in as good (or better) a shape as when we left it!

Have a great week

THE GYMOPHOBICS FRANCHISE TEAM