



MEMBERS WEEKLY UPDATE

14TH APRIL 2020

Hi Everyone,

Another strange week has gone by but hopefully you are still hanging in there and keeping positive. It surely won't be too long before this is just a bad dream!
Might be a good idea to do a weekly assessment of your performance in the past seven days to make sure that you are not letting things slide.


For example:

1. How many walks / jogs did you manage last week?
2. How many callisthenics did you manage in your home?
3. How many Donna sessions did you join in with?
4. How would you rate your diet during the week on a scale of 1 to 10?

Keeping a note of your performance each week may be just the incentive you need to ensure that you are putting your health & fitness first.

I know that our lovely Instructors are champing at the bit to get back into their Gyms to work with you again. They keep telling us how much they are missing working with their members. Some tell us that they are using the time to work harder on their personal fitness than ever before so we can expect to see them looking stronger and more energised than ever when we get back.

One thing is for certain. Our Instructors love their work. They love their members and are thrilled when they achieve results. They are a hugely motivated bunch of people and we are so lucky to have them on board. Most will tell you that it is the best job they have ever had and how much they love going into work each day. It will be very tough on them right now, as it is for all of us of course, but if it makes us appreciate how lucky we are when this is all over then it will have served a purpose.



Incidentally, keep visiting your Centre's Facebook site every week as there are always new things being added. And you can play your part too by posting positive thoughts on the site for other members to see and share.

The more things that members add to the Facebook site the more it promotes the Gymophobics community spirit and shows everyone else that we are all in this together.

Do keep visiting the Members Area on our main web site too. It is updated every week with new recipes and health tips. You will need a Password to get into the site which is published on your Centre's Facebook site. If it isn't just ask your Centre for it via Facebook or an Email.

It was going to be the strangest Easter weekend that any of us can remember but at least it will give us a focal point to reflect on next Easter. Whether we will want to of course is quite another matter. Let's hope it will be just a very distant memory.

A new record number tuned in to Donna's daily class last week. Some 160 tuned in to the class live at 11am but during the day the numbers increased to some 2,700. Wow! Donna is thrilled and wants you to know it. Share the love and let's get up over the 3,000 mark.

Have a great week.

THE GYMOPHOBICS FRANCHISE TEAM