



MEMBERS WEEKLY UPDATE

27TH APRIL 2020


The government's chief medical adviser, Chris Whitty, has used the government's daily coronavirus briefing to stress the importance of exercise to public health.

Speaking during the question and answer session on 15 April, Whitty – who is also England's Chief Medical Officer – said being physically active was "very important to long-term health" and crucial for keeping people fighting during the ongoing pandemic.

"There is no situation, there is no age and no condition where exercise is not a good thing," he said. "I certainly want to stress the point that, wherever possible, people should be taking exercise. This is very important for long-term health."

It was good to hear also that the White House Coronavirus task force recognised that Gyms are 'vital to Americans' during a press conference last week and that as a result, they will be included in phase 1 of reopening. Whether the same will apply in the UK is doubtful but hopefully we may be in the second phase to re-open rather than the last.

Intensive discussions with Gymphobics Franchisees are taking place to decide on the best way to operate once we are allowed to re-open. Moving equipment a little further apart to achieve safe distancing is obviously being considered along with other measures. Of course at Gymphobics we operate very differently to conventional Gyms anyway and this will go along way to making our Gyms far safer. As our members attend 'by appointment' there is no chance of overcrowding and our circuit ensures that members are moving around the Gym in the same direction which means that members have no need to come into contact with each other.



Until the great day arrives when we can welcome you back please join Donna on weekdays in her daily workout on-line. If you are unable to make it at 11am each day it is still available for viewing throughout the day. Roughly 150 people do join in at 11 most days but by the end of the day the numbers have risen dramatically. Some 1.5k to 2.5k tune in some days.

Each of our Centres are doing their best to keep you updated too so be sure to visit their face book site at least once every week.

Finally, if you love curries, be sure to read this week's Coaching Tip - it's good news!

Keep exercising and keep happy.

THE GYMOPHOBICS FRANCHISE TEAM