



MEMBERS WEEKLY UPDATE

26TH MAY 2020

A letter from Donna

A big hello to all our ladies and especially those who join me every weekday for my on-line workout.

It is hard to believe that we are entering the tenth week of lockdown but hopefully you have been determined throughout to do whatever it takes to keep up your fitness level and avoid gaining weight. We know how important the weight thing is as the scientists tell us that the dreaded virus affects those who are overweight much harder and this applies even more so to those who have type 2 diabetes. For those who do, the science now shows that a weight loss of some 15 kgs can 'cure' type 2 diabetes by allowing insulin production to normalise! We know too that exercise increases our immune system, so improving our chances of avoiding infection. So, although we cannot visit Gymophobics at present, it is vital that we keep working at our fitness. A daily walk, some home callisthenics and joining in to my daily workouts, are all going to help keep us in shape.

Like me, I am sure that you are constantly looking for signs that we may soon be able to return to Gymophobics. If so, you will have been heartened by recent events. The infection rates and the dreaded 'R' have been going down significantly in recent weeks and Boris is now looking at allowing High Street shops to open in mid June.

Once the shops are open it would suggest that it won't be long before Gyms can re-open too and it could (and should) be the case that Gymophobics Centres could be allowed to open even earlier than conventional Gyms.

That's because we operate by appointment only and numbers are restricted. Another big factor in our favour is that members will always have two meter distancing. We will achieve this by spacing the distance between each piece of equipment and in the few instances where this is not possible due to lack of space, then appointments will be booked six minutes apart instead of three.



We are currently in conversation with the government to explain how different we are in the hope of persuading them to let us re-open at the earliest possible moment and we will let you know the moment we do.

You can rest assured that in addition to the things I have mentioned above there are a number of other safeguards that we are introducing too and we will be letting you know what these are nearer the time. But the measures we introduce will ensure that you can come back to your local Centre in total safety.

Until that day comes, do keep joining me on weekday mornings and thanks for all the lovely comments and messages that you send me. It really inspires me to know how much you enjoy the workouts and helps me to get out of bed in the mornings.

Till we meet again.

Lots of love,

Donna Hubbard
GYMOPHOBICS FOUNDER