



MEMBERS WEEKLY UPDATE 19TH MAY 2020

As we enter our ninth week of lockdown (*does it seem that long?*) with no date yet for re-opening your Gymphobics Centre, it is worth reflecting on how we have coped and ask ourselves whether we have let things slide. Most of us will have started out full of good intentions, but have we kept them up?

For instance, are you getting out for that daily walk, are you doing a 10 minute callisthenics session each morning, are you still joining Donna for her daily on-line workout, and how would you rate your diet on a scale of 1 to 10?

Early on in Lockdown we suggested that keeping a note of your performance each day / week may be just the incentive you need to ensure that you are putting your health & fitness first. Have you done this I wonder? If not it is never too late to start.

As the scientists continue to study the way that the virus is affecting us you may have noticed that it appears to be affecting those who are obese far worse than those who are not. Yet another good reason to lose weight if you need to even if you only have a few pounds to spare.

Losing just one pound each week during lockdown can be achieved quite comfortably by following our low sugar diet and restricting your intake of carbs rather than counting calories. Anyone doing that since lockdown started will already be more than half a stone lighter!

Many members are now submitting their weight each week to their Centre which makes a lot of sense. The simple act of making someone else (your Centre) aware of how you are coping with your diet can have a significant impact. If you haven't been doing it, why not start now? Your Centre will respond with some positive thoughts and encouragement.

The Wickford Centre have come up with an interesting idea. They have set their members a 'Walking Challenge' and it is going down well. Members have to start with one mile on day one and build up the distance gradually from there. They have to take a 'selfie' and record their time for a mile with the eventual goal of doing it in 15 minutes which is quite an accomplishment. Results are recorded on a league board.

It definitely adds a bit of spice to a daily walk. Try it for yourself and if they haven't already done so, suggest that your Centre sets up a league board too. You may not manage a 15 minute mile first time out but seeing your time coming down will be an inspiration to keep getting out there.

Lots of nice comments each week from members about Donna's daily workout. One lady is a regular in Australia and comments from as far afield as Spain and Florida have been received. Nice to know that her efforts are helping so many during lockdown.

Good to see that the number of deaths and infections are coming down dramatically in the past couple of weeks and we like the comment from Boris that he hopes to see a level of 'normality' returning in July. Who knows – that just might mean that Gymophobics may be able to open its doors quite soon!

Rest assured that when we do finally open up, our Centres will be safe places to visit with all the safeguards you would expect in place. We will be telling you about those nearer the time of course.

Well that's all for now Ladies. Till next week, keep visiting your local Centre's Facebook pages for all their updates, keep walking, keep working out with Donna and above all else, keep smiling!

Lots of love

THE GYMOPHOBICS FRANCHISE TEAM