



MEMBERS WEEKLY UPDATE

1ST JUNE 2020

As if we needed to be reminded, it is week eleven of the lockdown. Of course things have changed quite a bit recently so most of us are now getting out and about each day. Some are going to work and some are working from home of course but at least we are all allowed to get out of the house.

The one thing we cannot do however is visit our Gymphobics Centre and when that will be allowed is anyone's guess of course. We have explained to No 10 how different we are to conventional Gyms in the hope that they will allow us to open immediately. The moment we receive a response, we will let you know.

Meanwhile, it is so important that you do everything you can to maintain a level of fitness and avoid gaining weight. That means a daily walk and some home callisthenic exercises. Perhaps the hardest thing to do during lockdown is avoiding the temptation to over eat through boredom. As someone remarked, being in lockdown is just like being on holiday and coming home a stone heavier! Hopefully that's not going to be you!

If you have let things slip a little, now is a great time to get started on a recovery programme. With it being the 1st of the month why not weigh yourself and resolve to lose a pound each week? There are some brilliant recipes on the members area of our web site to help you keep your carbs down to between 60 and 100 grams per day.

A member asked recently if there was any way that she could self assess her fitness from home and there are three things you can do without leaving the house.

The first is a simple chair test.

Sit in a chair without arms and see how many times you can go from sitting to standing in one minute. Ideally you should be able to do it more than 36 times. Don't worry if you can't however, just do as many as you can each day and you will be surprised how quickly you will improve!

Your resting heart rate

Heart rate is an excellent guide to your cardio vascular health. Place two fingers on your opposite wrist just below the thumb and count the number of beats in 15 seconds, then multiply by four. A super fit person will have a resting heart rate in the low 60's but anything below 75 beats per minute is respectable.

If you are getting out for a brisk walk or jog most days and getting a little out of breath (what we call cardio vascular exercise) you will soon see your resting heart rate slowing down. That's an excellent sign as it means that your heart muscle is growing stronger and enabling more blood to be pumped into the arteries with each beat.

The one leg test

The third test is to see how long you can stand on one leg with your eyes closed. Get a friend to time you and take an average of three attempts.

In your 40's you should manage 13 seconds. In your 50's you will do well to get over 8 seconds and at 60 plus you will probably manage about 4 seconds.

Studies have shown that this test is an important predictor of long term heart health.

Well that's it for this week ladies. Hopefully you are still joining in on Donna's daily workouts. The numbers have dropped slightly lately which may have something to do with the hot weather of course. And if you have gone back to work then the 11am time slot won't be practical but remember that all the workouts remain available all day so you can always catch up later.

Good luck with the pound per week weight loss.

Have a great week.

Lots of love

THE GYMOPHOBICS FRANCHISE TEAM