



MEMBERS WEEKLY UPDATE

9TH JUNE 2020

No news yet about an opening date for Gyms I am afraid but a number of hints from government sources suggest that a July date may be possible. We will ensure that we are ready when the day comes and will have everything in place to ensure your safety.

One thing that conventional Gyms are going to have to do for sure is to book their members visits in advance to avoid the over crowding that they tend to experience at peak times. For us, that won't be an issue of course as Gymphobics has always used an appointment system as you know.

We can't tell you how much our Instructors are looking forward to welcoming you back. What a fabulous reunion it is going to be. Sadly there won't be any hugging and kissing allowed (!) but it will still be a lot of fun.

As you will know the over 60's have suffered the most from the coronavirus. That's because older adults tend to have a weaker immune system and get sicker if infected. If you are over 60 as many of our members are, you will be pleased to hear that unless you have specific underlying conditions that put you more at risk, then you are now considered no more vulnerable than the rest of the general population.

That's the latest advice from the government's scientists. Professor Lord of the Institute of Inflammation and Ageing at Birmingham University says : *"As long as you are fit and healthy and are exercising regularly, you'll be fine"*. She adds that *"Exercise has strong mental health benefits and will reduce stress, which also has a powerful effect on the immune system"*.

We will be letting you know soon about the changes that we will be making to ensure your safety when we re-open and answering the questions that you may have. As you would expect there will be an increased emphasis on cleaning and social distancing but the likelihood is that wearing facemasks will be optional for members while staff will be wearing them.

We will of course be sticking to the government rules on social distancing but this may change shortly as the World Health Organization (WHO) are now suggesting that staying one metre apart is safe rather than the two metres we have at present. All will soon be revealed no doubt.

From talking to members it is clear that though the majority can't wait to return to the Gym there will be a small minority who will be scared to do so when we re-open. This is understandable of course but hopefully once they see that we are fully up and running and that other members are once again enjoying the benefits of regular attendance, they will find the confidence to break free from the shackles of lockdown and return to the fold.

Hopefully we may have some news about re-opening by this time next week, or so the government have been hinting.

Donna sends her thanks to all the hundreds of members who tune in to her daily workouts on line and the many nice comments that they send her.

Till next week then. Keep safe and above all, keep exercising.

Lots of love,

THE GYMOPHOBICS FRANCHISE TEAM