



DONNA'S MESSAGE

11TH AUGUST 2020

NO. 1

Now that lockdown is over our Founder Donna Hubbard has agreed to take over the Members Update pages which have been appearing for the past few months. Donna is looking forward to keeping you informed of what is going on in our Centres and any changes and innovations that are introduced.

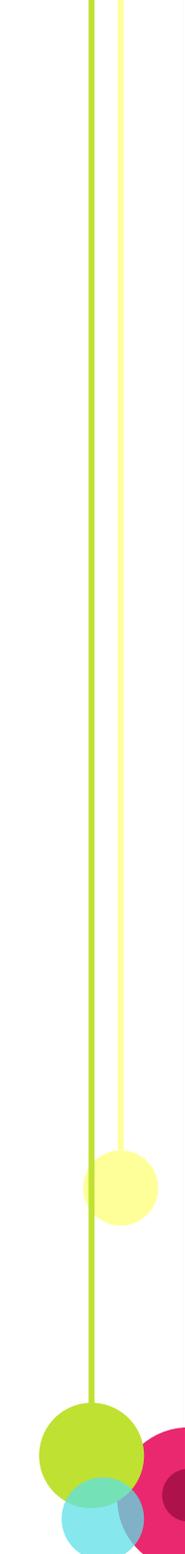
Hello everyone!

Like you I am thrilled to be able to get back into the Gym. Much as I have enjoyed filming my daily workouts I have missed the ability to use our exercise circuit and I expect most of you are the same.

Being able to perform the online workouts is great too of course and I hope very much that like me you will continue to do these at home on the days when you don't visit the Centre. All of the on-line workouts that I filmed during Lockdown are now available to you in the Members area of our web site. Combining the online workouts with the circuit in your Gym is an ideal exercise combination and the benefits can be amazing.

To gain access to the Members Area on our web site is simple. Just click on 'Members Area' at the top of our web site and then insert the Password. This changes every month so watch out for the latest Password which will usually be displayed in your Gym from the 1st. of each month.

I hope that you will agree that visiting your Gymphobics Centre each week has lots of rewards. For a start it means that you are no longer alone. You have the support and encouragement of our lovely staff. They will keep reviewing and updating your Gym sessions so that you don't get bored and they will do the same with your home Callisthenics prescription too.



Added to all that is the help they will provide with your diet. Dieting alone is never easy is it, so being able to talk to your Instructors each week makes a huge difference. They have a lot of options to offer so by discussing your diet with them they will be able to come up with the diet plan which works best for you. After all, we are all different and what might work well for one doesn't necessarily mean it will work as well for someone else.

You may have noticed too perhaps that a diet which worked well for you in the past may not work so well the second time around. That can be due to a number of factors including a change to your metabolism. That's why your Instructors are so important and can help to make the changes to your diet prescription that are needed. If you are having difficulty losing weight please ask an Instructor for our **21 Day Health, Figure & Fitness Journal**. Fill in the diary each day for the next three weeks and it will provide your Instructor with all the information they need to update your diet.

The Pandemic has brought home how important it is to live a healthy lifestyle. We have always promoted weight loss for fitness, energy and figure improvement. But now we know that the benefits to our health are even more important. As your fitness improves, so too does your immunity to the Covid 19 virus, type2diabetes and cardio vascular disease such as heart attack, hypertension, stroke and thrombosis.

So it's a no brainer really. Do make regular Gymophobic sessions a part of your life and do please share the good news with your friends and family. The more people we can help, the happier we are.

Till the next time then.

Much love,



Dama X

