



# DONNA'S MESSAGE

## 28TH AUGUST 2020

### NO. 2

**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.**

Dear Member,

Hope you are well and are enjoying getting back to the Gym now that Lockdown is over.

Many of you are telling us how happy you are to be able to meet up with staff and friends at the Gym and what a difference it is making to your mental health.

We tend to think of our Gym sessions as being all about our physical well being but it is at times like this when we are reminded how much our mental health benefits too from being able to meet up with like minded members and staff who can be so supportive.

Our Instructors tell me that many members have gained weight during Lockdown and put this down to boredom! If you have gained weight don't despair. Recent weight gains will come off again very quickly now that you are back at the Gym each week. It is even easier to lose recent weight gains than it is to lose long term excess weight. Your Instructor will make recommendations about your diet of course but you will be surprised at how little you need to change to see the weight dropping off.

One thing that very few Gym Users seem aware of is that resistance exercise on our circuit does a lot more than tighten and tone your body. Regular resistance exercise 'switches on' thousands of 'dormant' muscle fibres. Once fibres are 'switched on' they burn calories 24/7 even while we sleep and as long as you keep using those muscles at the Gym they will stay switched on. When muscles are unused for a sustained period many fibres gradually 'switch off' and stop burning calories so regular resistance exercise is the most effective way to turn your body into a fat burning machine!

It is great to see how many members have returned since we re-opened but if you are one of those who are still thinking about it please be assured that our Centres are as safe as it is possible to be. All sessions are by appointment of course so there is no chance of overcrowding and extra cleaning is the rule of the day. Members now take their Programme Cards home after each visit to avoid other members touching them and you are taught how to measure yourself to avoid staff having to touch you. It is simple changes like these that mean you can attend in confidence.

Of course we ask you to use common sense and avoid attendance if you have any of the symptoms that suggest you may have the virus including a dry cough, temperature, sore throat or loss of taste or smell.

One thing we do know is that the fitter you are, the better able you are to fight the virus so attending the Gym is no longer all about looking good. It is about improving your health by boosting your immune system and energy levels as well.

Two or three half hour sessions each week is all it takes to change your life for the better.

Keep well, keep happy and keep attending!

Much love

Danna X

