



# MEMBERS WEEKLY UPDATE

## 20<sup>TH</sup> APRIL 2020

Hi Everyone,

Hard to believe another week has gone by and that Easter seems to have slipped past almost without noticing it.

Many will have celebrated Easter on-line this year of course – even the Pope and Archbishop of Canterbury. Strange days indeed.

Plenty of rumours abound in the press that we may be seeing a slow down in the virus which means that the end of the lockdown may not be too far away. Of course when that happens it is going to be gradual with shops and schools opening first and pubs and restaurants further down the line.

Which begs the question: 'When will Gymphobics be back in action?' Well that can't come soon enough of course and what we are hoping is that we may be able to open before many of the conventional Gyms. That's because our appointment system means that there are no crowds exercising at the same time in our Centres and it will be far easier to maintain social distancing during a workout. Fingers crossed on that one!

This week we thought we would share an interesting study which was published recently in the journal GMC Geriatrics. The study was conducted by scientists from Flinders University in Adelaide and shows that you don't have to be in your seventies or eighties to be heading down the road to frailty!

The study shows that some 45 percent of those aged 40 to 49 are 'pre-frail' which is almost the same rate as the 45 percent of the 70 plus age group!

Professor Sue Gordon who led the study says 'Age doesn't matter. Healthy ageing interventions should commence no later than the fourth decade of life to focus on the factors which contribute to frailty'.

The study showed that 56 percent of pre-frail people walk unusually slowly during a six minute walking test. A third had poor grip strength and some 16 percent said that they felt tired for no reason most, or all of the time.

Other factors showed that many people at risk of pre-frailty in their forties had poor balance when asked to stand on one leg and had poor leg strength and low muscle mass.

Finally, the study concludes by saying that people staying at home during the self isolating period should be taking the opportunity to reassess their health, and daily routines to include sensible exercise on a daily basis.

As we see thousands of 40 plus members at Gymophobics we can certainly endorse the findings of this study. Within weeks of starting their Gymophobics programme we see amazing results. Increased strength, weight loss, more energy, better sleep patterns etc.

We can't wait to see you back at the Gym (in the next few weeks hopefully) and introducing a few friends too.

Till the next time.

**The Gymophobics Franchise Team**