



DONNA'S MESSAGE

1ST SEPTEMBER 2020

NO. 3

Gymphobics Founder Donna Hubbard keeps you in touch with what is going on in our Centres plus any changes and innovations that may be taking place.

Dear Members,

It has been wonderful to hear how so many of you are enjoying getting back to the Gym. Like me, most of you have continued to exercise while on Lockdown but nothing beats the ability to work out in the company of our lovely Instructors and other members.

I must admit to being astonished at how many members have started back as the general feeling was that many would be too scared to do so at first. Instead we have seen more than 80 per cent return from week one which is most heartening. Needless to say we have done all we can to ensure your safety during your sessions so if you haven't plucked up the courage to get started please give us a call to book your return. We can't wait to see you!

Today is the day that most children will be getting back to school which will make it easier for many young Mums to find more time to fit in a Gym visit. I am hoping this will mean that we will now see all our members getting back into the routine.

The difference that regular sessions will make to your life can't be over estimated. Your health, your energy levels, your figure and even your sleep will all benefit and the science shows that exercise will boost your immune system and lower the risk of Covid 19 and type2 diabetes.

The message certainly seems to be getting through as new members are enrolling now at the fastest rate for some time and if you know of someone who would benefit from the Gymphobics experience I would ask that you do all you can to encourage them to book a Guest Visit.

We want to help as many non exercisers as possible to experience the life changing benefits that just two or three 30 minute sessions at Gymophobics each week can make. That's why we will happily reduce your membership fee by £5 each month (£60 in total) for the next 12 months for each friend that you introduce PLUS for a limited period we will give the same reduction to your friends!

It is always good to have a goal if you need to lose weight and I always think that when September arrives we can't help but think how nice it would be to have lost weight by Christmas. So if you need to lose weight why not discuss a sensible goal with your Instructor on your next visit?

Losing a stone for Christmas is a sensible (and easy) target but if you are really determined then losing two stones is also realistic without having to starve yourself. Your Instructor will explain how reducing your carbohydrate intake can make weight loss easier than you ever thought possible.

I will be keeping in touch with our Centres in the coming weeks to hear how well our members are doing and I look forward to being able to report on some members inspiring results.

Till the next time. Keep well, keep motivated and above all, keep attending!

Dama X