



DONNA'S MESSAGE

9TH NOVEMBER 2020

NO. 6

Tune in to Donna's regular messages here using the current member's Password which is available from your Centre at the start of each month. Should you wish to respond to Donna's comments you can do so via email at donna@gymophobics.co.uk.

IT'S DÉJÀ VU

Here we are again in another lockdown but at least this time we know when it will end! Barring unforeseen circumstances we should be getting back to some degree of normality in four weeks (December 2nd) which makes it a whole lot better than the last time.

I hope that you will join me in the 30 minute on-line workouts via Facebook live that I will be sharing with you at 11am every Monday, Wednesday and Friday mornings, starting today. Hundreds of you did so during the last lockdown and your many comments were inspiring to say the least. And for those of you who cannot join in at 11am you can catch up later in the day as each session will be then moved to the members area under 'Classes and Workouts'. In addition to the workouts I will also be showing you a Callisthenic exercise which I hope you will do at home. It will be a different one each day and can make a real difference to tightening and toning the body.

My 30 minute workouts are designed to tighten and tone sagging muscles throughout the body and can even help you to shed surplus inches.

I will also be recommending a daily 'Walk' prescription which will help to improve your 'aerobic' fitness. By walking briskly for twenty minutes per day to raise your resting heart rate and to get the lungs puffing a little is all it takes to provide significant benefits. Aerobic fitness reduces the risk of heart attack, stroke, thrombosis and type2 diabetes. It can add up to 17 years to life expectancy and the difference it can make to your energy levels and sleep is huge too.

You will notice that I haven't suggested that your workouts will help you to lose weight. That's because you would need to be working out like an athlete for two hours or more to burn a significant amount of calories. That is why your Gym workouts are the best way to lose excess weight. When you work your muscles against resistance, as you do on our circuit, you 'switch on' thousands of dormant muscle fibres and these start to burn calories 24/7, even while you sleep. So the moment lockdown finishes, I hope to hear that you are getting back to the circuit two or three times each week.

Before I go may I just say a huge thank you to the many members who have continued to pay their monthly fee during lockdown instead of freezing them. This support has been really appreciated by our Centre Owners who still have rent, staff and fuel bills, etc. to pay even while closed and goes a long way to ensuring that Gymophobics will survive the pandemic.

My kindest regards,

Dama X