



DONNA'S MESSAGE

8TH JANUARY 2021

NO. 8

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.

GYMOPHOBICS AT HOME

Sadly, all our Centres are now closed (again) for what we hope will be a very short period. Nevertheless we are determined to support you in every way that we can during Lockdown so participating Centres are now offering what we call **GYMOPHOBICS AT HOME**.

Already, hundreds of our members are enjoying the benefits of following a personalised exercise and diet prescription at home, designed by our Instructors and updated every few weeks. Gymophobics at Home ensures that your health & fitness is not affected during Lockdown and your participation helps to support your Centre at this difficult time. Your monthly fees ensure that your Centre will survive the Lockdown and be ready to welcome you back the moment we are allowed.

Just give your Centre a call and tell them that you would like to be involved. They will check out your current details (from your Programme Card) and use that to make recommendations such as daily callisthenics, a progressive Walk prescription, your diet, etc. Of course, they will also recommend that you perform some of my 30 minute classes which are Live on-line at 11am on Mondays, Wednesdays & Fridays each week. Incidentally, all my classes which were filmed during previous lockdowns are also available on the website.

Gymophobics at Home means that you receive an email every three weeks or so containing a REPORT FORM which you should send back to advise your Instructor how you have got on. That will allow them to keep updating their recommendations.

Not all our Centres are able to offer the full Gymophobics at Home concept if their staff are furloughed but they will always be happy to make some simple recommendations if not.

Your support during this difficult time is really appreciated.

KEEPING SAFE

Daily exercise is absolutely vital during Lockdown. Studies show that as little as twenty to thirty minutes a day of moderate intensity activity is all it takes to boost immunity and ensure that you do not gain weight. Be determined to return to your Centre when we re-open in the same shape (if not better) than when Lockdown began!

Being locked in doors for any length of time is a huge temptation to eat and snack more throughout the day and when that is combined with a lack of exercise the outcome can be catastrophic. That's why it is essential to have a daily target and keeping a diary to record your diet and exercise achievements can be a huge help.

New research is showing that the risk of contracting COVID-19 during Lockdown is greatly reduced if we continue to exercise and the same applies to our mental health. Exercise boosts production of Serotonin, the happy, feel good hormones involved in countless bodily functions including emotions, mood, memory and sleep.

We can't wait to welcome you back to our Centres but until we are allowed to do so, let's keep in touch and support each other.

Lots of love,

Danna X

