



# DONNA'S MESSAGE

22ND JANUARY 2021

NO. 9

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@gymphobics.co.uk](mailto:donna@gymphobics.co.uk).

## CLOSED YET OPEN FOR BUSINESS!

Hi Ladies,

Whilst we are in the grip of the pandemic any good news is welcome so hearing that members are keeping active and are not allowing lockdown to defeat them is inspiring. Our Centres may be closed at the moment but huge numbers of members keep in contact with their Centres on a regular basis and tell us how well they are doing so please keep in touch.

We may want to get back to our Centres as quickly as possible but in the mean time we know how important it is to keep active for our physical and mental health. That's why our Instructors are continuing to provide advice and encouragement via Facebook and email to all their members so don't be afraid to tell us how you are coping and what you are doing to maintain your health & fitness.

And don't forget to tell friends and family to get in touch too. Despite lockdown new members are enrolling every week and we are supporting them with Gymphobics at Home until we re-open. A typical example of this is Lynn from our Aldridge Centre. She enrolled just three weeks ago and is thrilled to have already lost 13 lbs by following my on-line classes three days each week plus two of the Boot Camp classes, diet tips and prescription that Aldridge offer to their members. Well done Lynn, we are as thrilled as you are so do keep going and inspiring us!

## SLEEP

And let's not forget that low mood, depression and even dementia can be linked to tiredness so sleep is every bit as important as exercise. Scientists have identified a self cleaning function that the brain uses to get rid of waste. It is called the 'glymphatic system' and it goes into overdrive while we sleep. Failure to remove brain waste may be linked to a higher risk of developing dementia. So, in addition to our daily exercise regime, sufficient sleep keeps US sharp, creative, attentive and able to process information quickly.

Well, I am off to deliver my next on-line class and I will be following this with a brisk walk. Hope you will too!

Lots of love,

Danna X

