



DONNA'S MESSAGE

10TH FEBRUARY 2021

NO.10

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.

Hi Ladies,

A member wrote to me recently to tell me that Gymphobics had changed her life for the better. Now normally this would not have surprised me as Gymphobics has changed thousands of lives, it's what we do, but on this occasion I was struck by what this lady was telling me.

The point that she was making was that her weekly sessions had transformed her life by banishing loneliness and helping her to meet and make new friends. So in her case it wasn't just losing weight and improving her health and fitness that had changed her life for the better, but the affect on her mental health.

Of course, she had achieved health benefits too and she was keen to recognise that, but the point she was making was how her weekly sessions at Gymphobics has given her life new focus. She explained how lonely her life had been before Gymphobics. Yes, she had children to talk to although they both lived in other towns so she only met up with them occasionally. So joining Gymphobics was a way of meeting lots of new people and this had had a dramatic affect on her mental health. She explained that she was now a happier and far more positive person and looked forward to her regular sessions as the high light of her week.

Her letter got me thinking about loneliness and the affect that it can have on our mental health. Of course the Lockdown is not helping which is why most of us can't wait to get back to normality. But even before the pandemic we saw the need to offer our members

something more than diet and exercise. When we look at conventional Gyms we see great facilities but a complete lack of interaction. Most members are wearing headphones and often complete their sessions without a single word being spoken.

That's why Gymophobics is so different. Our staff talk with their members on every visit and we actively encourage staff and members to interact. During Lockdown we have been deprived of the opportunity to socialise of course but that does not mean that all contact is banned. Our Centres are doing all that they can to keep in touch with members and would love to hear from you. So don't just wait for them to call you. Why not pick up the phone each week to tell us how you are coping. And of course you should link in to your Centre's Facebook and web site too. At the very least, our Centres would love to receive a regular email from you to tell them how you are coping.

Keeping in touch is the best way to banish loneliness.

WALKING

If like me you get out for a daily walk you may have found that other walkers seem to be getting a bit more friendly since lockdown. I find that most will now smile and say Good Morning these days which is nice. It is all part of wanting to communicate with other human beings I suspect. Of course it can have its downside too as some want to stop and talk. When I went out yesterday my usual 90 minute walk took two hours as three walkers wanted to stop and discuss the weather!!

Any way, it is another good reason for getting out for a daily walk. Are you getting one in most days?

I must admit I have never walked so much in my life. When my swimming career came to an end my husband got me into running. To be honest running had never appealed to me before but I soon became a convert and was devastated a few years later when a permanent foot injury has meant that I have to walk instead. But I soon became a convert and now appreciate the incredible benefits of a daily walk. If you are not a walking convert yet, do give it a try. Start with ten to fifteen minutes a day and you may soon become a convert too. The physical and mental benefits of walking will surprise you. Combining a daily walk with regular Gym sessions once we re-open is the perfect way to boost the immune system and our mental health.

Lots of love

Dance X