



DONNA'S MESSAGE

10TH MARCH 2021

NO.12

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.

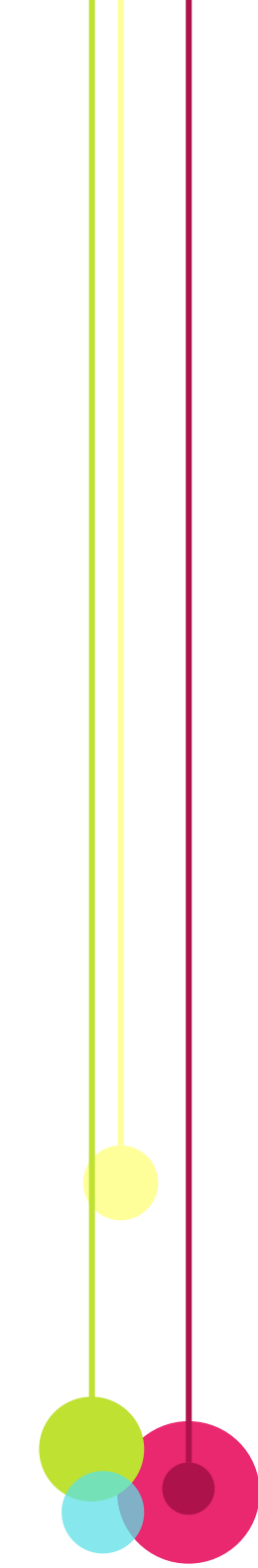
Hi Ladies,

Hope you are all well and are keeping your spirits up. Must say I can't wait for the re-opening on the 12th (we hope) and it is looking promising isn't it, with all the data heading in the right direction as we speak.

Hundreds of members have been messaging our Centres to say how much they are looking forward to returning when the day comes and loads of new members are enrolling already too which is a good sign. Don't forget to tell all your friends and relatives that they can enrol now even before we re-open and their first month will be free!

In my last message I suggested that any weight you may have gained during lockdown will come off very quickly when you are able to resume your sessions. One lady asked why I thought this was the case and the answer is that recently gained weight will always be easier to shed than weight that has been established over a long period of time.

Please don't take that as an excuse to pile on the pounds in the next few weeks however! Instead, why not set yourself a goal of losing a stone by April 12th? Starting today, that gives you just under five weeks to lose 14 pounds. With real determination that's not as unlikely as it sounds. Weight often comes off very quickly in the first two weeks of a diet and losing two pounds per week thereafter could get you past the finishing post.

A vertical green line on the far left, a yellow line next to it, and a dark red line further right. A yellow circle is on the green line, and a green circle is on the dark red line. At the bottom, there are overlapping circles in green, cyan, and pink.

Not everyone has been piling on the pounds during lockdown of course. Huge numbers of you have been tuning in to our online classes each week and have been doing daily callisthenics plus a Walk each day. If you have been following our low carb diet as well, you will be returning in good shape.

I am so looking forward to hearing how successful many of you have been once we re-open like Paula from our Colchester Centre. She has just earned her third 'Over a Stone' Club Certificate! Many congratulations Paula, you are an inspiration to us all!

Well it is time for me to do my Wednesday morning class so I will need to sign off. A big thank you to the many hundreds of you who are joining in with me three times each week.

Best wishes,

Dance X