



# DONNA'S MESSAGE

19<sup>TH</sup> APRIL 2021

NO.15

Tune in to our Founder Donna Hubbard'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](mailto:donna@gymophobics.co.uk).

## RECORD NUMBERS FLOODING IN

Despite most children still being on Easter break last week, our members have come flooding back to the Centres. We expected that you would be keen to return to some degree of normality, but nothing prepared us for this!

How good it is to see you all again after what seemed like an eternity.

Record numbers of new members have been enrolling too which in many ways is thanks to those of you who have been encouraging friends and family to come along. Thank you so much and remember that we discount your membership by £5 per month for the next 12 months as a thank you every time a friend of yours enrolls.

So how often will you be attending each week? Three visits would be ideal but if that is difficult, please do all you can to get in at least two sessions and back that up with supplementary activity. Ten minutes of callisthenic exercises on the bedroom floor each morning is a great start to the day and your Instructors will be happy to advise on these.

A daily walk is a 'must' too and a brisk twenty minutes plus will dramatically improve your heart health and energy levels. In my younger days as a competitive swimmer I would hate the thought of walking or jogging but when I retired my husband got me into middle distance running and I soon astonished myself by becoming quite competitive at road racing. Sadly however, my running days came to a sudden halt when I picked up a foot injury and became a 'Walker'.

Never in my wildest dreams did I think that I would ever enjoy walking but now I love it! Fresh air (I walk on the canal) and enjoying the scenery which I never had the time to notice as a runner have turned me into a walking enthusiast and a day wouldn't feel right if I was unable to get a walk in. If you have yet to become a daily walk enthusiast do please give it a try. It may take a few weeks to make it a part of your life, but trust me, once you get the bug, walking will change your life!

Members often ask whether 30 minutes in the Gym is sufficient. It doesn't seem like a lot does it? But actually, the whole body can be worked in that time so unless you want to train like an Olympic athlete, a 30 minute workout is plenty. If you haven't already done so, set yourself to do two or three Gym sessions each week plus a daily walk and 10 minutes of home callisthenics. Finally, why not add a couple of my on-line classes each week too? The effect will be life changing.

Here's to a fitter, healthier more energised way of life.

Lots of love

Dama X