



# DONNA'S MESSAGE

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NO. 20

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

**Hi Everyone,**

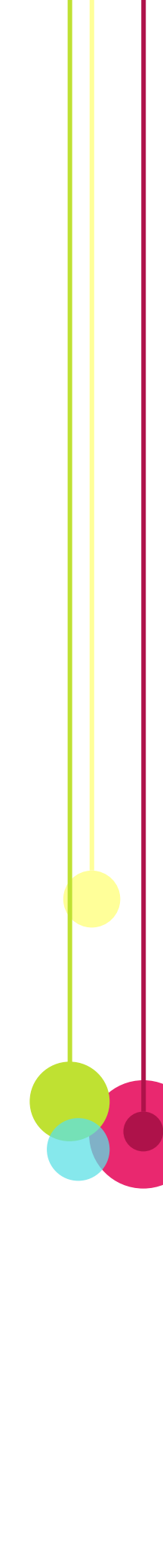
In the past few weeks it has been great to see that most members have now returned to our Centres across the UK and that many new ladies have been enrolling. Most Centres are now exceeding the numbers that they had pre- lockdown which suggests that the message is really getting home that we all need to do as much as we can to boost our fitness and immune system.

A big thank you to the hundreds of members who have been introducing their friends and family in the past few weeks. We love referrals and of course you should too as each time you refer a friend who enrolls, you get a discount on your monthly fees for the next twelve months!

When you read 'Coaching Corner' you will have noticed that there is now a lot of information about menopause. It is a subject that is getting a lot of attention in the media and on TV of late which is great to see as until quite recently it was a taboo subject and was something no one felt able to discuss.

One thing we do know is that weight loss and exercise can be a major benefit during menopause so if you know someone who is suffering, do please send them along. Our staff will support them through this difficult time.

Incidentally, most of our Centres are planning to hold OPEN WEEKS in November. These have become a regular feature each year and offer all sorts of exciting events to attract new members. Do make sure to tell friends and family to come along and find out how Gymphobics can help them to be the best they can be.



It is always nice to hear the results that members achieve and nearly every week someone sends me details of their impressive inch and weight loss. In the last 10 weeks a Sutton Coldfield member has lost 9 lbs in weight and trimmed 7 inches from her body measurements and an Aldridge member has now lost 11.25 inches, lowered her B.M.I by 2.9 and lost her first stone in weight.

Whether you have small or large amounts to lose, our staff are here to help you and what a difference that can make. It is never easy to maintain the resolve to do it all by yourself and our staff provide both the motivation and the know how to support you on your journey.

Of course weight and inch loss are not the only reason for attending Gymophobics and more and more members now attend for health reasons. They want to feel fitter, have more energy, sleep better and lower the risk of heart attack, stroke, thrombosis and hypertension.

I hope that you are making regular sessions a way of life and are following your Instructors recommendations regarding diet, home exercise and a healthy lifestyle. If Gymophobics has changed your life for the better, why not drop me an email to tell me all about it? I would love to hear from you.

Until the next time.

Kind regards,



Danna X