



DONNA'S MESSAGE

16TH JUNE 2022

NO. 3

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.

Hi,

The pandemic lockdown is beginning to feel like a distant memory with most of our Centres back to pre-pandemic numbers attending. Hopefully you are now getting in two or three sessions each week and are feeling the difference!

I and my colleagues have been run off our feet at our Training Academy in Stafford as we have been running top up Courses for our Instructors who have not been able to attend during the pandemic. Of course we love running Course and being able to meet up with our Instructors, so we are not complaining.

Lots of new ideas have been coming from Instructors and one of these I particularly like. We have set up an Instructor 'Forum' which has a lot going for it. It means that Instructors can now put any ideas they have on the Forum for other Instructors (and Instructor Assistants) to see. This is great for building 'togetherness'. I have always seen our Instructors as a 'family' so anything that helps to build Gymophobics as a community is very welcome.

What I am hoping is that Instructors will 'post' their members results on their Forum too to let us all know how well members are doing in other Centres as previously they would only know their own Member's results. Who knows, if you achieve some amazing results you could become famous throughout the UK. It has already happened once as Wickford Gymophobics have published the incredible results achieved by 84 year old Joan at their Centre. She has lost 84 lbs (6 stones)! Which shows age need never be a handicap.

Menopause is being talked about more openly these days I am pleased to say and our staff are learning more about it as part of our goal to help any lady struggling with the symptoms. I will shortly be releasing a short video on the topic so if this is something that concerns you, do watch out for it.

As we get older the aches and pains can become more troublesome too and many of these are the result of osteo-arthritis. Regular exercise and flexing of the muscles will make a huge difference and if you read our Coaching Corner you will see that taking a regular Magnesium supplement has been shown to help too. Well worth a try for three months to see if it can help you.

Are you planning to take up my weight loss challenge? It runs for eight weeks commencing 4th July – 29th August. It is a bit of fun of course but there is nothing like a 'challenge' to make weight loss more interesting. You will be competing against Members from all over the country so to win would be a great achievement but it's not really the winning that matters – it's the taking part and if the challenge helps you to lose a little bit more, then it has served its purpose. Ask your Instructors for more details and look it up on our web site.

Finally, I make no apology for asking you (again) to tell your friends and family about Gymphobics. The more members we can help the happier we are so we rely on you to tell everyone you can about us. Ask them to book a 'Guest Visit' to find out more and explain there is no cost for this. And don't forget that any one who enrolls and mentions your name will earn you either a Free month or £5 off your next 12 monthly payments! So it really is a Win, Win!

I am visiting our Centres in the coming months so I hope to bump into many of you. Until then, keep up with your visits to achieve great results!

Kind regards

Dance X