

# GHFC NEWS

*Quarterly Newsletter for our Community*



## GHFC Community

We would like to thank our members for their continued support and commitment to our Facility. We are so proud of what a strong and inclusive Community we have here at GHFC, and encourage you to continue to connect with, and support each other. Let's continue to "Lift Each other Up"!!

We have bounced back from all the COVID and staff challenges of 2020 and have now rebuilt a solid Team that we are thrilled with. We are still looking for one more team member so please keep your ears out for anyone new to town with Fitness Qualifications.

We have also employed Ethan Leader for 2-3 half days per week to help with the cleaning and maintenance of our Studio and feel blessed to have him as part of the GHFC Family.

Some of you may not be aware that we have 360 Health working out of our facility two days per week providing Exercise Physiology Services. Lucy Gaynor is on site Mondays and Thursdays.



### **MEMBERS REFERRAL REWARD PROGRAM:**

To thank and encourage our members to provide referrals for our facility we now have the following referral rewards program in place:

1st referral = coffee voucher

2nd referral = GHFC drink bottle/cap/sweat towel

3rd referral = GHFC T-shirt, tank or singlet

4th referral = Long sleeve GHFC Top

5th referral - GHFC Hoodie



**ATHLETES UPDATE:**

- Eight athletes that had been training through GHFC have qualified for Secondary State-Level Cross Country's at Eastern Creek
- Many of our athletes are through to the next level in the Primary system for Cross Country's (Dio/Zone)
- Aaron Osmond and Anna Bishop Both won tennis titles in Victoria last school holidays.
- Callum Dear qualified for Nationals in Triple Jump but unfortunately suffered a slight hamstring strain the week before the competition. He handled this adversity beautifully!!
- Bella Sawyer won the bronze medal at Little As State Champs in High Jump.
- Former athlete Victorio Sardinha has been selected in both the 1st soccer and tennis teams at St Joseph's College
- Former athlete Gabby O'Gorman has been named on the Tennis Merit List of the Big 10 Colleges in the USA
- Former athlete Eliza Perkins was selected to play Opens Premier League netball and is getting lots of Court Time with her new Franchise Central Coast Hearts

**WINTER WELLNESS GUIDELINES:**

- A Few tips to surviving Winter and Keeping Good Health:
  - Focus on maintaining summer/reasonable serving sizes for your meals (cooler weather doesn't actually mean you need more food).
  - Drink 2 litres of water per day (yes your body still needs the same amount of water in winter)
  - Set the alarm the night before, and if you tend to turn it off, put it on the other side of your room so you have to get up.
  - Get your clothes out the night before.
  - Set yourself a reward for your attendance each week (maybe Saturday brunch with Bacon!)



**WE ENCOURAGE YOU TO USE THE NUTRITION AND STRENGTH POSTS WE ARE PROVIDING YOU TO GET EVEN MORE OUT OF YOUR GHFC MEMBERSHIP :)**

**MEMBER'S CORNER:**

**CONGRATS TO ANNIE MACK WHO ROCKED BEING THE MOTHER OF THE GROOM LAST WEEK**

**CONGRATS TO DONNA AUSTIN WHO RECENTLY HIT 50KG WEIGHT LOSS**

**CONGRATS TO JENNA & SAM, RACHEL & SAM, AND JEMMA & BRENDEN WHO HAVE ALL GIVEN BIRTH TO BEAUTIFUL BABY BOYS OF LATE**

**CONGRATS TO SOME AMAZING MEMBERS OF OUR COMMUNITY WHO ARE GOING THROUGH TOUGH TIMES AND CONTINUE TO INSPIRE US EVERY DAY WITH THEIR RESILIENCE AND COMMITMENT TO THEIR HEALTH THROUGH TOUGH TIMES. LET'S CONTINUE TO GET AROUND EACH OTHER GHFC !!**

**IF YOU HAVE ANY FEEDBACK OR SUGGESTIONS OR QUERIES, PLEASE DO NOT HESITATE TO CONTACT MARYANNE PERKINS VIA ... FB/Insta direct message ... or email ghfcgunnedah@gmail.com ... or call Mobile # 0427 652 909**