

# GHFC NEWS

Quarterly Newsletter for our Community



## COVID COPING

We would like to thank everyone for being so good during our latest round of COVID restrictions. Whilst the masks are sometimes hard to handle during a workout, you have all adapted well and we seem to have worked out the programming and breaks to ensure everyone is managing, whilst still getting a good workout. Might I suggest that the cloth masks don't "breathe" nearly as well as the disposable face masks. Remember if you forget your mask, we have them for sale at reception at our cost price of 50c each.

Many people are facing: loss of income (us included with many PTs cancelling regularly due to mild illnesses per our COVID safety plan); an inability to see family and friends; cancelled special events and cancelled holidays .... can we remind you that exercise creates energy, and the more energy you have, the happier you are, and the more joy you spread. Let's try and stay positive and keep moving to ensure COVID doesn't get the better of us. Reach out to each other and ensure our GHFC Community helps everyone survive what looks like being another challenging year :)

One upside of COVID is that we have two of our ex-athletes: Gabby O'Gorman and Eliza Perkins home and both are helping out with sessions now that they both have their fitness qualifications!!



### CURRENT COVID RULES FOR GHFC:

If you are unwell, please stay away

Check in and out with your QR Code

Wear a mask

Bring a towel

Socially distance at all times

Don't arrive more than 5mins before the start of your session

Bookings are essential (numbers are capped)

Rest assured we have got your back and are programming accordingly

# WINTER WELLNESS CHALLENGE



## 3 WEEKS IN AND GOING STRONG:

- Super proud of the 29 committed people have undertaken the GHFC Winter Wellness Challenge.
- We are getting great feedback from those doing the meal plans, mobility flows, meditations and self care tasks. **Remember the meal plans are available for purchase as a stand alone product as well.**
- The immunity masterclass is now up for viewing at your leisure ... make sure you take the time to watch it as it's fantastic.
- Each week, points are given for commitment to the: Weekly Challenge tasks; Contributions to the facebook group; Attendance at booked sessions; and Social media posts. Each week the Challenge participant who accumulates the most points is awarded a prize. A shout out to the **winners of the first 3 weeks:** Kylie Howard, Nikki Bruce and Donna Austin. Well done!!
- This week's task is to take time to "**Fill Your Cup**" ... we suggest every member at GHFC (whether you are in the challenge or not) should do this on a regular basis ... you can't pour from an empty cup so find those activities that bring you joy and positive energy and ensure you nurture your soul with them on a regular basis :)

## GHFC 500 Club:

- Our 500 Club is off and running and we now have 5 members who have achieved 500 + attendances at our new facility since it opened in February 2019.
- This is quite an achievement with the 2020 COVID shut down in the middle.
- We are aware that some people have tried to work it out - I believe the number of visits on your app includes bookings, and does not deduct no shows and late cancels (which our reports account for), so your guesstimating may not be accurate:)
- We will introduce a 1000 Club once some of our GHFC Legends reach that goal.
- Congratulations to: Lisa Steele, Dee Bruce, Belinda Dawson, Donna Austin and Annette Osmond on achieving this impressive milestone.



**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 ANDREW MARTIN WHO KEEPS SMASHING HIS RUNNING TIMES**

**CONGRATS TO ANNETTE OSMOND WHO COMPLETED HER FIRST 10KM RUN**

**CONGRATS TO SALOME MAXWELL WHO BECAME A BUBU THIS WEEK TO BABY RIO (AND CONGRATS TO ANNA & KEEGAN)**

**CONGRATS TO EMMY BARR ON OUR STAFF WHO STARTS HER FORMAL TRAINING TO BECOME A QUALIFIED COACH THIS WEEK**

**LET'S CONTINUE TO CELEBRATE THE GOOD WITH EACH OTHER, AND GET AROUND EACH OTHER WHEN THINGS AREN'T SO GREAT 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](mailto:ghfcgunnedah@gmail.com) ... or call Mobile # 0427 652 909**