

CFG News

Chronically Fit Group's Monthly Newsletter



THE ITV NATIONAL DIVERSITY AWARDS

We are blessed to have been nominated for the ITV National Diversity Awards. I'm sure many of you are sick of hearing us asking for your votes but I wanted to highlight what this could mean for the group.

The aim of Chronically Fit Group is to provide a free motivating online support group for people with chronic illness.

It would be amazing for CFG to become a registered charity or not for profit so that we can hold fundraisers, spread more awareness and connect further with advocates in the chronic illness/disabled community. In turn this would allow me to collaborate with others who will be able to assist in running the group.

So many of you already help make CFG what it is today. We are only as strong as our members and you have totally rocked it..especially this year! Please trust that your help with spreading awareness of CFG and sharing your stories, quotes and advocating as you do..isn't just helping other people online...it makes all the time and effort I've put into this over the past three years worth it. From the bottom of my heart...thank you.

So, if you don't manage to vote for us or if you already have, please keep sharing your advocacy journeys with us! Tag us, DM us, share our socials. It all helps!!

Newsletter Highlights

National Diversity Awards

Top Tips: Slowing down

Advocate of the month

Message from Charlotte

Spoonie Business: More than meets the eye

Knowing when to slow down...

by Charlotte Bull

Something that frequently comes up in conversations I have with fellow spoonies is our inability to slow down..to take breaks and to rest up. I am a bit of a fool for this too!

Call it FOMO, guilt or just that you are so desperate not to allow your illness to control your life and the decisions you have made. Whatever your reasoning is..PAY ATTENTION TO YOUR BODY!

Having the support from Chronically Fit Group has not only given me something to focus on in my flare up times but also a real sense of supportive community. I mean, it's the end of the first week of May and I have only just managed to pull together the energy to release the end of April newsletter.

I have really used CFG to connect with others who understand my world, the flare ups, the spoon theory and living with a chronic illness. It has given me access to the people who will encourage me to rest but also to get back up again. Get back on the horse and keep moving forward.

Something I struggle most with is when my body feels exhausted but my mind is still going at 100mph. Thinking and overthinking, planning and just not truly resting. Some things that help me are; colouring, listening to music, guided meditation and making a room dark and popping on a series (usually for me that's NCIS). Also, taking myself away from the virtual world. Social media can be a bit much sometimes and sends my mind into overdrive.

DON'T FORGET - Resting is not for the weak.

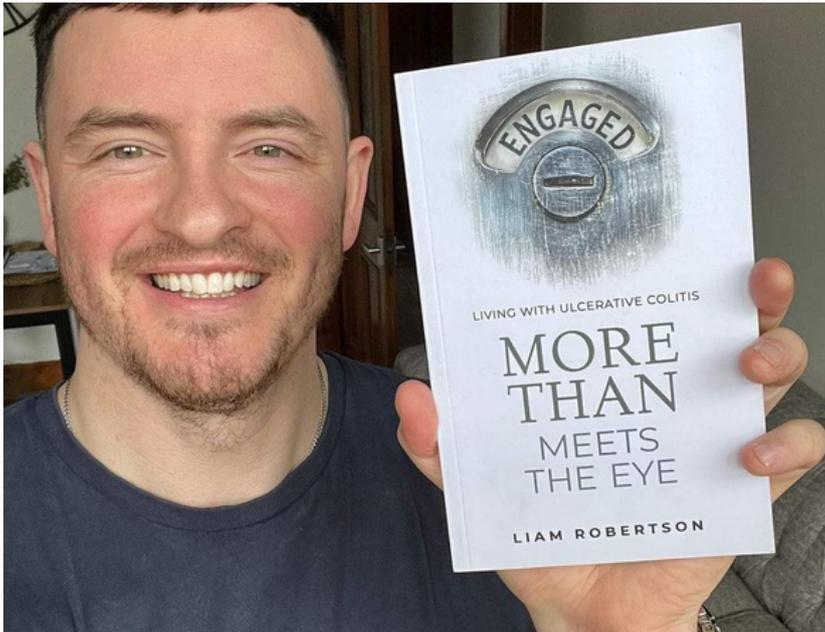
Some of our best moments come from when we take a step back and rest our body and mind. Live in the moment and breathe. Breathe in.....Breathe out.

You've got this.



@chronicleofcharlotte





[@livingwithulcerativecolitis](#)

Spoonie Business: More than meets the eye.

Liam Robertson is the author of More than meets the eye. A book about living with Ulcerative Colitis. Liam wrote the book 2 years ago. Since then the book has gone global. All royalties from sales have been, and continues to be, donated to @crohnsandcolitisuk.

[You can purchase this book on amazon - Here!](#)

Advocate of the month: Danny Callaghan

Danny connected with us and has been brilliant at sending over messages, videos and images to help us advocate. Danny is an IBD advocate and a family man! A big softie with so much to give. It's a blessing to have him as such an active part of CFG.

Danny has a Tough Mudder and the Great North Run coming up this year where he is raising money for Cure Crohns Colitis Charity.

So, [click here](#) to find out more about how you can donate and follow his instagram to support him through these!



[@dc_vs_uc](#)

CHARLOTTE'S MESSAGE

So, our third newsletter was a little late. I had a holiday, a business trip and a 10 mile walk that has left me flared up! I really do appreciate you taking the time to read this. Please do share it. Also, share your social media posts with me by tagging @chronicallyfitgroup in your posts and stories.

The algorithm doesn't always allow me to see everyone who follows us or we follow. It's also why you'll see familiar faces pop up. Tagging, sharing and DMing the group will allow me to share your advocacy journey!! I look forward to seeing your socials soon!