

Hello. It's time for another apology. A while ago, I said that if I was running on a gym treadmill, and I increased its speed from say 10.0 kmh to 10.1 kmh INSTANTLY, (the only way you can do so) the sudden increase would cause an infinite amount of G force, and I would explode/implode or whatever. Of course it's unfeasible making the device's display have speeds such as 10.000000000000 etc. kph. Sadly such machines would need an infinite number of zeros to be safe, as even accelerating from 10.000000 to 10.000001 instantly would kill you. And of course, the person running on the machine wouldn't die, the machine itself would blow up. Unless people can increase speeds instantly if they run on instantly speeding up machines. It's all very complicated. So yeah, sorry gym. Unless they've covered up hundreds if not thousands of fatalities and hid the bodies in... No. That's even worse than what I said before. Super sorry, now.

I mean, you'd think such machines would be recalled if they were lethal. Can you see that happening? Me neither. If they were deadly, I'd have to take things into my own hands by breaking into the centre at night and smashing everything up, but then rather than me being called a hero, I'd look like the crazy person! :S Also, if someone made a mistake when labelling the weights, and said one weighed 1,000,000 tons (a big mistake, but bear with me), would that make the weight that heavy? Probably not. Almost certainly not, so don't take things literally! Right? Maybe not... By that I mean can you be sure they wouldn't be that heavy? If someone held a gun to your head and said to you 'tell me this weight isn't this heavy with 100% certainty or you die!' You'd still be nervous, no? Because the fear would almost certainly be there, I have just now come up with some solutions that will make everyone feel better. The weights could simply say 'weights' and nothing else, and the speed display could say 'ROUGHLY 10.0 kph. Then when you increase speeds you don't have to worry about G force at all. No apologies needed from anyone, because no one meant any harm. :)

How do you stop a madman bringing guns into the premises and scaring the gym users with what appears to be nonsense? There is a sign that encourages politeness, at least. Maybe make the sign bigger so more people can see it? For a long time, I missed it too. Perhaps because my subconscious mind ignored it? My conscious mind certainly does. But again, maybe not if it was bigger. So try that. I guess now I have to apologise to the gym for suggesting that some gym members carry weapons and threaten others. Off putting stuff. Super bad for business, SO soz again. Moving on, on the stepping machine, if someone gets in the top five scores by stepping more than anyone else, they can proudly type three letters in the hall (or display) of fame for curious people to see. I've never entered the top five, but someone else has, left the machine to me, and therefore left me to enter three letters. Well what am I supposed to say in three letters? My initials? I want to type 'fu...' Well you get the idea. The gym owes me an apology in that case. I guess I'll have to make do with 'pwn'. :(

I'm not saying I need to apology for this, or indeed the gym owes me MUCH an apology, but how about explaining what the huge TV on the wall with user names and percentages next to them means? It just says stuff like 'Andy 45%' then a couple of seconds later it would be 'Andy 48%' Why? Imagine the horror you'd feel if someone approached you and said 'Bill, 40%... Now 44%'. It's not a nice feeling being that confused, you know? Why is it ok to say that on screen? Just say what the

statistics mean, that's all. This has nothing to do with the gym whatsoever, but I have seen very strange writing in the form of graffiti near the gym. It says something like 'vaccinations are bio weapons', just in a more crazed way. Is that supposed to influence other people's opinions on vaccines? Has anybody (apart from me) been walking home from work, looked at nuts writing on a wall with next no explanation whatsoever and thought to himself 'You've got a point.' Because that's what I'm assuming the message was for. However, all you're really doing is making other people fearful of YOU. I mean I'm strongly assuming people give you repeated funny looks, no matter what you're doing. Take notice of those looks and grow as a person. I get it, I've been there too, I bet you feel really smart and special, but there are medications available! Right! Apology over, bye!