

BODY FIRST TIPS AND RECOMMENDATIONS

WORKING OUT SAFELY

Stopping the spread and protecting others at the gym.



WEAR A MASK

Wear a mask in all Body First common areas. Masks should only be removed when you are getting ready to physically exert yourself. are in designated workout areas, and are able to social distance. **Masks should be put back on as soon as possible.**

SHOULD YOU CONSIDER WORKING OUT IN A MASK?

It depends. One of the most effective ways to help prevent the of COVID-19 and protect others while in public is to wear a mask. However working out in a mask is less than ideal and not recommended for individuals with respiratory issues or during intense workouts. Medical experts agree that people that have a moderately good level of fitness and that have no underlying respiratory issues can perform moderate exercise with a cloth face mask on.

Doing moderate to intense cardio with a face mask on may not be feasible; but stretching, lifting weights, or an easy walk could be.

You will want to monitor how you're feeling while exercising and watch out for specific symptoms such as lightheadedness, dizziness, numbness or tingling and shortness of breath.

HANDLE GLOVES CAREFULLY



As long as you wash your hands, avoid touching your face, and sanitize equipment, medical gloves are unnecessary when working out.

In fact medical gloves can give users a false sense of security. improper use often causes self contamination, and spreads the viruses on surfaces.

If you do plan on wearing weight training gloves, you may want to consider bringing a bag or container that closes entirely to hold the gloves once you've removed them. Remember to sanitize them after use and wash your hands.



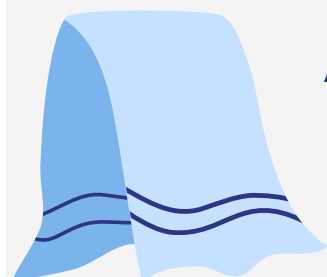
CLEAN HANDS HELP KEEP YOU HEALTHY

WASH YOUR HANDS thoroughly or use hand sanitizer before, during, and after you work-out.

AVOID TOUCHING YOUR FACE

Avoid touching your face after handling equipment, or touching common surfaces such as benches, door handles, etc.

BRING YOUR OWN WATER BOTTLE AND TOWEL

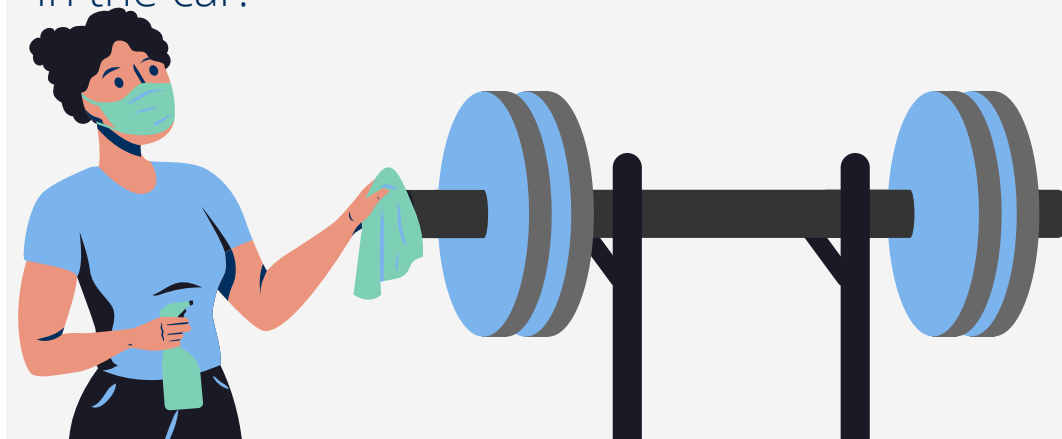


Amenities such as towels, water fountains, and ice machines may be unavailable so plan accordingly.



LEAVE THE EXTRAS AT HOME

By limiting the items you bring into the facility you are reducing the chance for the possible contamination of your personal items and limiting the possibility of spread. Change before coming to Body First and leave the gym bag in the car.



SANITIZE AGAIN AND AGAIN

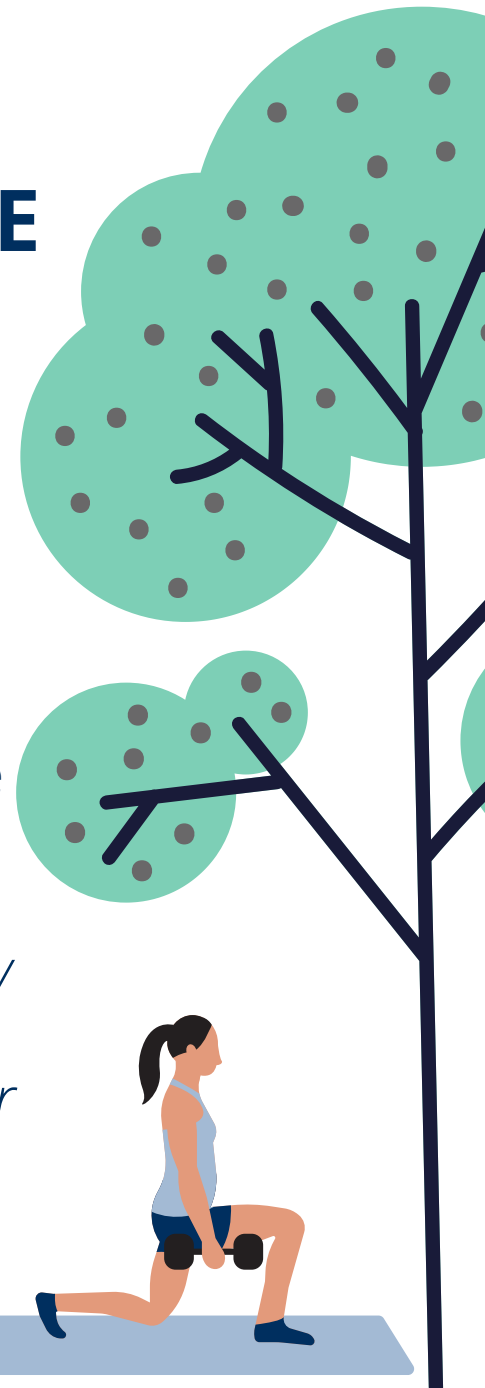
Clean equipment with provided cleaning supplies **before** and **after** you workout.

HEAD OUTSIDE

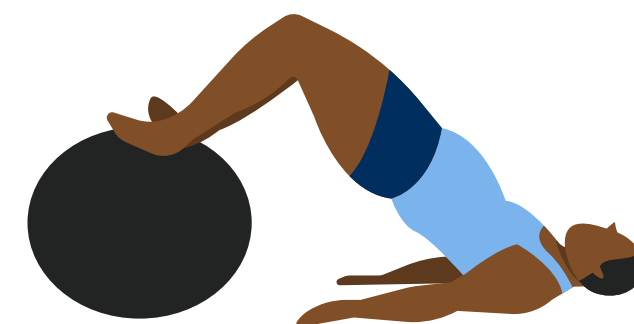
Experts are confident that COVID-19 is less likely to spread outside than indoors.

In addition to being able to connect to mother nature, exercising in the great outdoors can help improve your mood and increase your motivation.

Body First members may check out equipment to use in Body First outdoor spaces.



HOME WORKOUTS



Working out at home is a great option to reduce your potential exposure, and help stop the spread. Not only is it convenient, it is often an easy way to get the whole family involved.

If you miss the motivation from being at Body First, check out Body First online personal training, the Body First Fit or Zumba Facebook groups, or our online workouts.

WORKING OUT ALONE

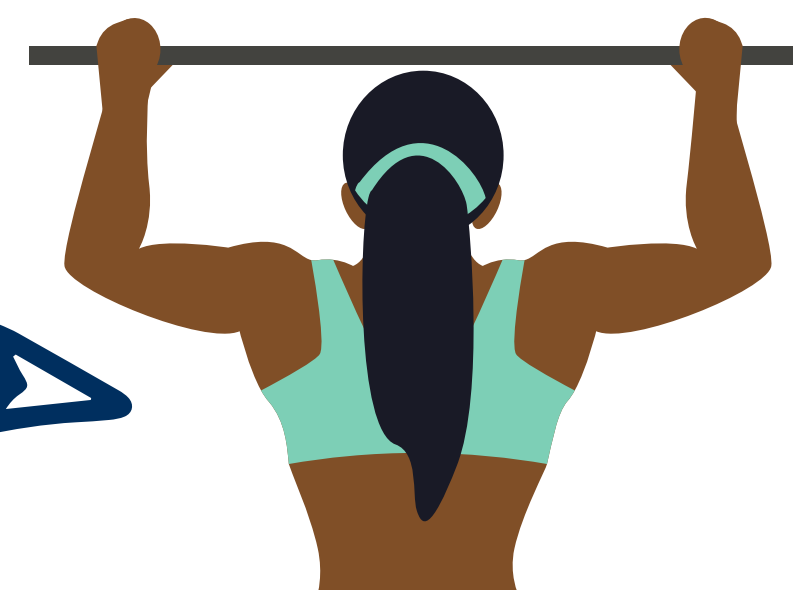


Working out alone can help avoid closer proximity. If you are working out with someone do not share equipment. If needing to spot a friend put your face mask on. Practice social distancing and good sanitation practices.

EXAGGERATE SOCIAL

DISTANCING

more than 6 ft



When you workout you tend to breath more heavily and are expelling droplets of saliva (which can contain the virus) farther than normal. The further away you can workout from someone the better. If possible try to face away from other exercisers while doing your workout. Avoid working in between the sets of others and using multiple stations at the same time.

Consider working out out in a mask to further protect others.