

## 9 Things You Can Do to Be Safer at the Gym

1



### Follow social distancing guidelines

It is critical to follow the guidelines the gym has set up and to remain at least six feet away from other gym members.

2

### Clean, clean, clean!

Make sure to clean equipment both before and after you use it.



3

### Limit physical contact

Avoid giving high-fives or doing elbow bumps with others.



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### Prioritize outdoor activities

If you really want to reduce your risk, do virtual classes at home or seek out facilities that offer outdoor space to limit exposure.

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### Limit group classes indoors

Maintain social distance during the class, wear a mask, and keep windows open to maximize airflow.

6

### Wear a face covering

Make sure you wear a face covering when entering and leaving the fitness facility. Some gyms may require a face covering at all times.



7

### When it comes to the gym, sharing is not caring!

Refrain from sharing items that cannot be sanitized such as belts, gloves, and resistance bands.



8

### Do not touch your face, eyes, mouth

This is critical when you are handling frequently touched items. Make sure you wash your hands for at least 20 seconds.



9



### Hydrate safely!

Bring your own water bottle and fill it up before you leave for the gym.