

How to stay safe when Exercising (COVID-19)



Compulsory handwashing pre and post-workout and eating. Washing should be with soap and water for 20 seconds and hands dried thoroughly. Repeat often.



Avoid touching your face while working out.



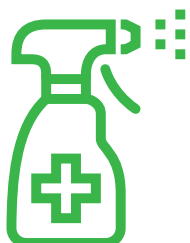
Consider bringing your own workout gear where available (eg yoga mats, boxing gloves).



Your own towels are Compulsory on all shared equipment.



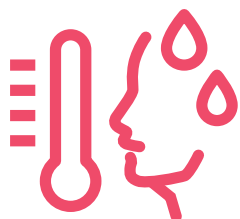
Use cleaning products and wipes prior to using shared equipment such as weights, mats and machines.



Practice social distancing (2 metres). Be aware of this in classes and on cardio equipment– eg: every second treadmill used, go to classes during non peak times.



If you are experiencing any flu-like symptoms to stay home and follow Ministry of Health guidance.



Sneeze or cough into elbows, use disposable tissues (use once and throw away).



Stay informed and up to date. Check out the latest information from the [Ministry of Health](#) regularly, as the situation rapidly changes.



Remember exercise is one of the best the best things you can do to boost your immune system along with getting 8 hours sleep and managing stress (eg relaxing/yoga).

