

THE Fit Center News

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SPECIAL EDITION: FIGHT THE FLU

It's no secret we are in the midst of Flu Season, and you don't have to look too far, or listen too closely to see and hear the runny noises. We need your help to ensure we don't spread germs here and infect others in our facilities.



USE THAT TOWEL...PLEASE

First, and foremost, BRING A FITNESS TOWEL from home...and if you have guests visiting lend them one as well. Use that towel to wipe up your sweat from benches, machines, hand weights...while you are working out, and afterward. Please don't

use that same towel to blow your nose, else when using later to wipe down the machines you are spreading germs vs wiping them up.

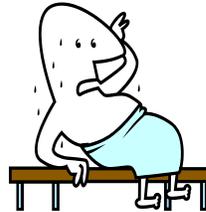
USE THE GYM WIPES...PLEASE

Strategically located around our workout areas are buckets of antibacterial wipes that kill 99% of the germs they come in contact with. Use those wipes on equipment surfaces...benches, mats, and hand held items. For good measure during this flu season, use them to wipe down equipment before you use it.



USE THE HAND SANITIZER..PLEASE

Also available for your use are hand sanitizers. Take a squirt upon entry and exit as an extra precaution to keep germs at bay. As a bonus precaution, wash your hands often, and long. Get a good lather going...sing a song while doing it. Kiss those germs goodbye!



GERM FREE STEAMROOMS

Place a towel on the steamroom bench before you sit down....and wipe the area as you prepare to depart. We don't need to breed germs where they aren't wanted! The same goes for sitting on locker room benches or those in the shower area. Use a towel...PLEASE!

COVER UP YOUR NOSE

Relive your youth and recite that little diddy... "Cover up your coughs and sneezes so you will not spread diseases." It's just good manners....and your fellow fitness center users will appreciate it!

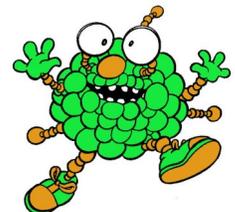


STAY HOME!

If you are not feeling well, give yourself some rest. Skip your workout. Stay home. Drink fluids. Stay Home. Have some soup. Stay Home. And if you don't feel improvement, go see a doctor. Please don't be the hero and come to the gym,. We don't want your flu germs.

GERM WARFARE!

Fighting the spread of germs in the fitness center is everyone's responsibility. Together we can, and will survive the Flu Season.



FUN RUN COMING SOON

Saturday, March 17th
9am from TF Fit Ctr
\$15
Registration:
Opens Feb 5th