

## **Avoiding Coughs and Colds at the Gym**

It's nearing winter and already there are more coughs and colds going around.

Follow these simple steps to avoid picking one up while working out at the gym:

- Wash your hands thoroughly before and after exercising.
- Wipe down gym equipment before and after use.
- Avoid touching your mouth, nose and face with your hands.
- Use a clean towel to wipe your sweat.
- Avoid gym users who have coughs and runny noses.
- Avoid physical contact with other gym users and don't share drink bottles, towels etc.
- Drink plenty of water.
- Consider going to the gym when it is not crowded.
- Try to do whatever exercises you can in open, well ventilated spaces.

We all want to stay as fit and healthy as possible during winter. Do all that you can to avoid catching a cold at the gym and if you have a cold then do all that you can to prevent passing it on to others.

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