




10 TIPS FOR STAYING HYGIENIC IN GYMS AND HEALTH CLUBS

1 **WIPE DOWN GYM EQUIPMENT**



Wipe down every machine before and after use to minimise the risk of illness.

2 **WASH GYM CLOTHES AFTER USE**



Change out of gym clothes immediately after use and wash as soon as possible.

3 **WEAR PROTECTIVE FOOTWEAR**



In showers wear appropriate shoes to reduce the risk of picking up athlete's foot, warts or other fungal spores.

4 **BRING YOUR OWN GYM MAT**




By bringing your own, you can ensure it's nice and clean, as well as germ-free.

5 **AVOID THE WATER FOUNTAIN**




You don't want the sweat from others going into your mouth, so avoid communal taps!

6 **USE REFILLABLE WATER BOTTLES**




Use filtered or metal bottles which are free of BPA (a chemical that has a questionable health effect).

7 **SAUNA & STEAM ROOM TOWELS**



Bacteria flourishes in hot and moist environments. Sit on your own clean towel when using the spa facilities.

8 **DON'T SWIM WITH A WOUND**



Broken skin or an open wound is prone to attract bacteria lurking in swimming pools or hot tubs.

9 **FEELING SICK? REST UP!**



Whilst sick your body is prone to picking up additional infections and spreading illness to others too.

10 **DON'T TOUCH YOUR FACE!**



After a workout, wash your hands and avoid wiping your face with the same towel that's touched gym equipment.



08000 66 55 52

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