

Be kind and courteous at the gym.

The rules of the gym are the same as the general rules of life:

- ✓ Put everything back where it belongs.
- ✓ Don't hog the equipment.
- ✓ Wipe things down after you use them.
- ✓ Respect others personal space.
- ✓ Be flexible about your routine if the gym is busy.
- ✓ Bring your own towel, if you don't have towel service.
- ✓ Be mindful of your surroundings, personal conversations and avoid profanity.
- ✓ Allow others to work in with you.
- ✓ Wear appropriate gym attire and footwear.
- ✓ Don't drop or slam the weights. Set weights down quietly.
- ✓ Keep your gym bag with you and out of and out of walking paths.
- ✓ Don't rest on the exercise equipment.
- ✓ Don't capture others in your selfie.

Sauna Recommendations

- ✓ Enter and exit quickly. Saunas are designed to keep the heat inside. Opening the door releases heat, and should be done expeditiously.
- ✓ Note the attire of the people inside. Wearing a bathing suit is preferable.
- ✓ It's not appropriate to sit directly on the bench. Make sure to bring a towel you can sit on, and take it with you when you leave.
- ✓ Don't stretch out if the sauna is crowded.
- ✓ Keep conversation low, and do not employ rowdy behavior. Saunas are designed for relaxation.
- ✓ Do not shave, tweeze, brush your hair, or groom in any way while using the sauna.
- ✓ Do not leave litter of any kind behind, such as band aids or bobby pins.
- ✓ It is recommended that healthy people not sit in a sauna for more than 10 to 15 minutes at a time. If you're new to the sauna experience, listen to your body and start slowly (for no more than 5 to 10 minutes per session). You can build up your tolerance for the heat over multiple visits.
- ✓ If you have any health conditions, limit your sauna use to five minutes per visit, and make sure to cool down slowly.
- ✓ Check with your doctor if you're pregnant or planning to become pregnant, before using a sauna.
- ✓ Don't use a sauna if you take medications which interfere with your body's ability to regulate temperature, or medications which make you drowsy.
- ✓ Don't use a sauna if you're ill.
- ✓ Drink at least one full glass of water before and after using a sauna, to avoid dehydration.
- ✓ Don't drink alcohol before, during, or after sauna use.
- ✓ Don't use recreational drugs before, during, or after sauna use.
- ✓ Don't eat a large meal prior to using a sauna.
- ✓ Never let yourself fall asleep in a sauna.
- ✓ Exit the sauna if you feel dizzy or ill.