



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

When gyms reopen - make this the time to pick a fitness team and environment that you can trust and which has a track record of success

### LIFESTYLE CHANGE

Why not look for an outdoor fitness session, you may feel safer and would be ideal for during the summer months.

Don't miss David's tips every Saturday in your Journal

IT'S great to see many businesses up and running as lockdown eases, but for the fitness industry the wait goes on. For many commercial gyms it will be a very different experience, for customers and staff, when the go ahead is given.

Many countries have already reopened their gyms including Hong Kong, which has perspex screens between treadmills, and Switzerland, which has adapted facilities and limited numbers.

With many people working from home, the Swiss have reported a more consistent flow of users rather than the masses at peak times.

According to Sport England, going to the gym has been the most missed physical activity during lockdown and the UKactive plan for gyms and leisure centres includes:

- No towels to be brought on to the gym floor
- At least two metres between all available gym equipment and studio space
- Only one parent per child in a swimming pool
- Social distancing throughout,

including in changing rooms

- All touch points, such as weights or other equipment, to be cleaned down after use

- No more than one gym user for every three square metres of space.

The guidance, the result of six weeks of talks between public, private leisure facilities, would be seen as a minimum standard.

At DF Fitness, here's why we are in strong position to restart straight away when given the go ahead:

- We have the only private self-contained outdoor gym in England, we are able to run private groups, therefore can easily adhere to the social distancing measures.

- We have three private personal training gyms, so all clients have their own private fully equipped gym and designated trainer. This is

by appointment only.

- Our small group sessions have a maximum of seven people with all sessions designed so you have your own set of equipment and social distancing space.

- Our Versa Climber classes, the only place north of London to run these classes - one person, one machine, 30 minutes, with all machines over two metres apart - will work brilliantly. We will look to add more sessions per week, when we reopen.

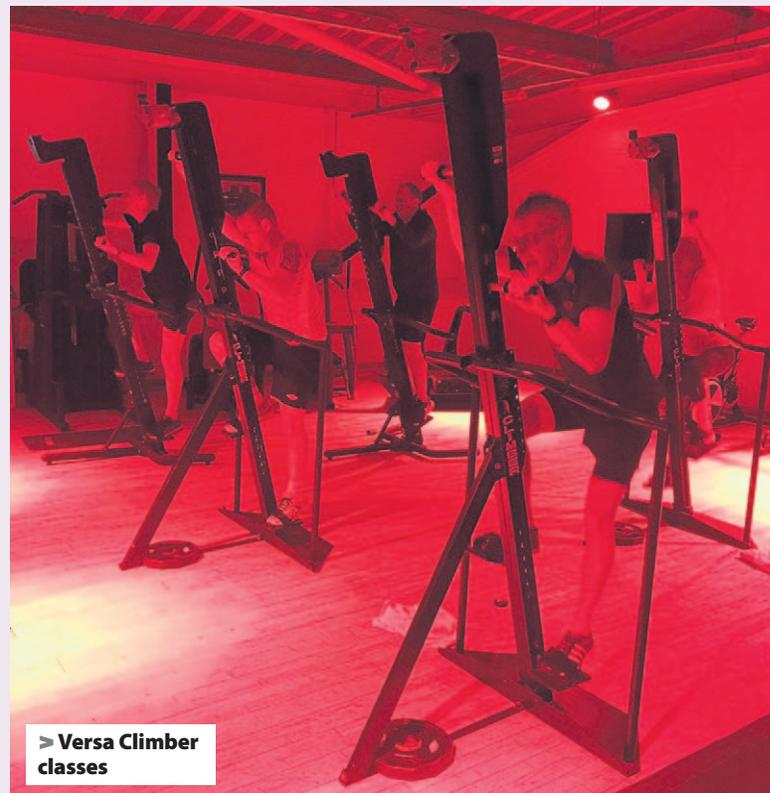
- Our Tynemouth beach bootcamps were hugely popular before lockdown and I believe will attract even more people after.

This is the perfect outdoor fitness environment to safely train in; no equipment is needed and suitable for all ages and levels of fitness. Before lockdown we had not missed a Saturday beach bootcamp since 2006!

With more than 25 years experience of positively changing people's lives, we can't wait to get back doing what we do best - consistently looking after our clients both physically and mentally.

*Be strong you  
never know who  
you are inspiring*

**Motivational quote  
of the day**



► Versa Climber classes