

Exercising at a health club or fitness center calls for considering those around you. Here's how:

### Wipe up your sweat, please!



This is the number one “do” and the most important etiquette rule at the gym. This includes mats and machines. Keep a towel with you at all times. No one wants to sit or lie in someone else's sweat.

### Don't hog the weight machines.

When others want to use them, agree to rotate your sets.

### Do reset the weight machines back to a low setting.

Otherwise, the next person may have to spend resetting them—or worse—could injure themselves by trying to lift a weight that's too heavy.

### Do limit your time on the treadmill or other cardio machines.

Keep it to 20-30 minutes if others are waiting for a turn.

### Don't stare.

Staring makes people very uncomfortable and most people want to work out unnoticed. If another person becomes aware of your “look” then you are looking too hard.

### **Do obey the fitness center's rules.□**

These may include wearing correct workout shoes, not using cell phones, and signing in at the front desk.

### **Do think about how you smell!**

Arrive clean, remember to apply deodorant, and lay off the perfume and cologne (the aromas get stronger as you work up a sweat). Be careful using sprays in the locker room. Out of concern for members with asthma or allergies, limit the use of perfumes, hairsprays and other spray products to a minimum.

### **Don't be late for personal training sessions and group fitness classes. Do your part to keep the gym and locker room clean.**

Keep your clothes and other personal items stored in lockers. Clean up after yourself in the showers, sinks, and changing areas. Deposit used towels in their receptacles.