



Denise Blaz <deniseblaz@gmail.com>

Fwd: Our Commitment To Your Health & Safety

1 message

German <gv285@hotmail.com>
To: Denise Blaz <deniseblaz@gmail.com>

Wed, Mar 11, 2020 at 9:26 PM

Begin forwarded message:

From: Gold's Gym <noreply@email-goldsgym.com>
Date: March 5, 2020 at 4:40:13 PM CST
To: gv285@hotmail.com
Subject: Our Commitment To Your Health & Safety



To Our Valued Gold's Gym Members,

At Gold's Gym the health and safety of our members across the globe is always our top priority. In light of growing concerns about the spread of Coronavirus (COVID-19) and peak flu season, I am writing to share the preventative measures and steps we are taking to support the health and well-being of everyone who walks through our doors each day.

Our current cleaning protocols include disinfecting all areas of our gyms and wiping down our equipment with medical-grade, non-toxic cleaning solutions every day. We are increasing the frequency of our cleaning efforts and providing extra quantities of cleaning products and sanitizer throughout our gyms – including more equipment wipes and sanitizer pumps for use during your workouts and as you enter and exit the gym.

The [CDC Website](#) has a great deal of information on everyday preventative actions you can take to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth.
- Stay home when you are sick, especially if you've had a fever in the past 24 hours.
- Cough or sneeze with a tissue, then throw the tissue in the trash.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
 - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Regarding the use of facemasks, the CDC provides the following guidance:
 - The CDC does not recommend that people who are well wear a facemask.
 - Facemasks should be used by people who show symptoms of COVID-19 (or the flu) to help prevent the spread, and for health workers and certain caregivers.

In addition to the measures above, continuing to practice good health habits – including regular exercise at your local Gold's Gym, getting plenty of sleep, drinking plenty of fluids, eating nutritious food and managing stress – can also have positive immunity-boosting effects.

We will continue to watch closely as the situation evolves. Should it worsen, we will take direction from public health officials and take whatever actions are required in order to protect our Members, our Team Members and the general public.

Thank you for your membership and your support in our health and safety efforts.

Yours In Health,



Adam Zeitsiff
President & CEO
Gold's Gym

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