

# FITNESS CENTER

## HPCON BRAVO

### DOS DON'TS

#### MAINTAIN SOCIAL DISTANCING

**DO** use personal responsibility and maintain social distancing (6 FT) at all times.  
**DON'T** use equipment with a sign that reads "this machine is off limits due to social distancing" or equipment that is blocked off with tape.

#### DISINFECT EQUIPMENT USED

**DO** disinfect equipment BEFORE and AFTER use with a gym wipe. This includes kettlebells and dumbbells.  
**AVOID** lifting weights that require a "spotter".

#### WEAR CLOTH FACE COVERING

**DO** wear a cloth face covering (CFC) when if not fully vaccinated.

#### EXERCISE MODERATELY

**DO** exercise moderately as this is linked to a positive immune system response.  
**DON'T** overdo it. High-intensity endurance exercise can make you more susceptible to illness for up to 72 hours after the exercise session.

#### BE RESPECTFUL

**DO** be respectful of others and limit your time on machines.  
**DON'T** come to the Fitness Center if you have signs of illness or a fever.

#### SHOWERS & LOCKERS ARE AVAILABLE

**DO** bring your own towel.  
**DON'T** overcrowd locker rooms.

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