

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## 4 Pandemic Exercise Safety Tips

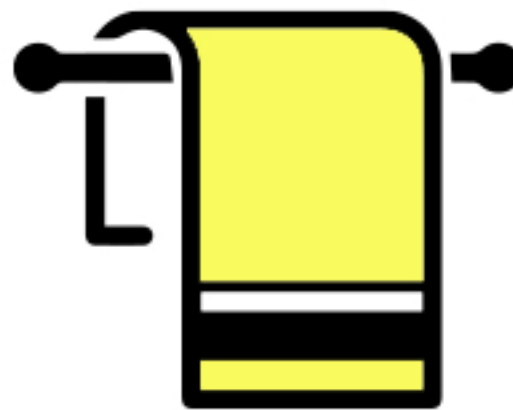
Even during this COVID-19 pandemic, you CAN achieve the benefits of exercise while keeping yourself and others safe.



Keep hikes and other outdoor activities limited to the people in your immediate household whenever possible.



Wear a mask (even if you're outside) when you find yourself in exercise situations where the ability to maintain a 6-foot distance is compromised or impossible.



Bring a clean towel to wipe sweat from your face and avoid touching your eyes, nose or mouth with your bare hands.



Avoid high touch or highly-utilized surfaces but come prepared with hand sanitizer and/or sanitizing wipes if touching them is unavoidable.



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