



# Exercise Etiquette



**It is important to mind your manners at the gym here are a few pointers to remember next time you workout!**



Wear proper attire. No Jeans or cut offs. Have respect for your body and wear something that covers your undergarments. Make sure you can move and be comfortable!



Be sure to wear deodorant/antiperspirant. Although this is something that you should be wearing everyday it never hurts to get an extra dose before a workout.



Wear socks- you may think no one will notice but most likely the person working out next to you does- When you don't wear socks the odor from your shoes sneaks out of your shoes much easier.



Wait your turn. A lot of people that go to the gym often have a routine. Be sure that you are not interrupting someone's route on the machines and if you are not sure if you are next; just ask politely!



Pick up after yourself. Be sure and put weights and equipment back where you found them. Also wipe your sweat off the equipment before moving to the next machine.



Ask Questions! Don't be afraid to ask questions. If you are unsure about how to use a piece of equipment don't risk getting hurt-ask for a demonstration!

# Weekly Activity Log

| Monday                                     | Tuesday                                    | Wednesday                                  | Thursday                                   | Friday                                     |
|--|--|--|--|--|
| <b>Aerobic:</b>                            | <b>Aerobic:</b>                            | <b>Aerobic:</b>                            | <b>Aerobic:</b>                            | <b>Aerobic:</b>                            |
| <input type="checkbox"/> Jump rope         | <input type="checkbox"/> Jump rope         | <input type="checkbox"/> Jump rope         | <input type="checkbox"/> Jump rope         | <input type="checkbox"/> Jump rope         |
| <input type="checkbox"/> Ball Sports       | <input type="checkbox"/> Ball Sports       | <input type="checkbox"/> Ball Sports       | <input type="checkbox"/> Ball Sports       | <input type="checkbox"/> Ball Sports       |
| <input type="checkbox"/> Fast walk         | <input type="checkbox"/> Fast walk         | <input type="checkbox"/> Fast walk         | <input type="checkbox"/> Fast walk         | <input type="checkbox"/> Fast walk         |
| <input type="checkbox"/> Jumping jacks     | <input type="checkbox"/> Jumping jacks     | <input type="checkbox"/> Jumping jacks     | <input type="checkbox"/> Jumping jacks     | <input type="checkbox"/> Jumping jacks     |
| <input type="checkbox"/> DDR               | <input type="checkbox"/> DDR               | <input type="checkbox"/> DDR               | <input type="checkbox"/> DDR               | <input type="checkbox"/> DDR               |
| <input type="checkbox"/> Swimming          | <input type="checkbox"/> Swimming          | <input type="checkbox"/> Swimming          | <input type="checkbox"/> Swimming          | <input type="checkbox"/> Swimming          |
| <input type="checkbox"/> Bike              | <input type="checkbox"/> Bike              | <input type="checkbox"/> Bike              | <input type="checkbox"/> Bike              | <input type="checkbox"/> Bike              |
| <input type="checkbox"/> Play outside      | <input type="checkbox"/> Play outside      | <input type="checkbox"/> Play outside      | <input type="checkbox"/> Play outside      | <input type="checkbox"/> Play outside      |
| <input type="checkbox"/> Exercise Video    | <input type="checkbox"/> Exercise Video    | <input type="checkbox"/> Exercise Video    | <input type="checkbox"/> Exercise Video    | <input type="checkbox"/> Exercise Video    |
| _____                                      | _____                                      | _____                                      | _____                                      | _____                                      |
| _____                                      | _____                                      | _____                                      | _____                                      | _____                                      |
| <b>Strength:</b>                           | <b>Strength:</b>                           | <b>Strength:</b>                           | <b>Strength:</b>                           | <b>Strength:</b>                           |
| <input type="checkbox"/> Push-ups          | <input type="checkbox"/> Push-ups          | <input type="checkbox"/> Push-ups          | <input type="checkbox"/> Push-ups          | <input type="checkbox"/> Push-ups          |
| <input type="checkbox"/> Crunches          | <input type="checkbox"/> Crunches          | <input type="checkbox"/> Crunches          | <input type="checkbox"/> Crunches          | <input type="checkbox"/> Crunches          |
| <input type="checkbox"/> squats/<br>stairs | <input type="checkbox"/> squats/<br>stairs | <input type="checkbox"/> squats/<br>stairs | <input type="checkbox"/> squats/<br>stairs | <input type="checkbox"/> squats/<br>stairs |
| <input type="checkbox"/> Weights           | <input type="checkbox"/> Weights           | <input type="checkbox"/> Weights           | <input type="checkbox"/> Weights           | <input type="checkbox"/> Weights           |
| <input type="checkbox"/> Stability         | <input type="checkbox"/> Stability         | <input type="checkbox"/> Stability         | <input type="checkbox"/> Stability         | <input type="checkbox"/> Stability         |
| <input type="checkbox"/> Ball              | <input type="checkbox"/> Ball              | <input type="checkbox"/> Ball              | <input type="checkbox"/> Ball              | <input type="checkbox"/> Ball              |
| <input type="checkbox"/> Thera-band        | <input type="checkbox"/> Thera-band        | <input type="checkbox"/> Thera-band        | <input type="checkbox"/> Thera-band        | <input type="checkbox"/> Thera-band        |
| <b>__Stretch</b>                           | <b>__Stretch</b>                           | <b>__Stretch</b>                           | <b>__Stretch</b>                           | <b>__Stretch</b>                           |
| <input type="checkbox"/> QUICK-FIT         | <input type="checkbox"/> QUICK-FIT         | <input type="checkbox"/> QUICK-FIT         | <input type="checkbox"/> QUICK-FIT         | <input type="checkbox"/> QUICK-FIT         |

## The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

