



EXTRA! EXTRA! READ ALL ABOUT IT!



The Power-Up! Health Fitness and Performance Facility is prepared and excited for re-opening.

THE RE-OPENING GAME PLAN

What's Inside This Packet

Hello to all our Power-Up FAMILY!!!! I truly hope you are all doing well. As you may know we do care about you and your family's health and well-being, both immediately and in the long term.

That is why I have created this *Game Plan* to assist all of US in ensuring a safe and fun environment to get back to the gym.

CONTENTS

- Game Plan vs Guidelines
- Mission Statement
- What exactly is a Medical Fitness Center?
- Re-Opening Guidelines
- Group Fitness Class Guidelines
- Additional Procedures
- A little H.O.P.E. can go a long way
- *A FUN FACT!!!*

Game Plan VS Guidelines

Although I firmly believe in the importance of having *Guidelines* in place I feel like we have been bombarded with the actual word “Guidelines” lately. **Again, please don’t take that the wrong way, I know they are needed.** My concern is, that word may slowly lose its true purpose when connecting with human emotion (i.e. their importance on safety, health, and well-being). Now when I hear the word “Guidelines” on the news I just think, “Okay, add that to the list of 4,327 other guidelines I have to follow” without really any concern for what they have to say.

Hence my decision to replace the word “*Guidelines*” with “*Game Plan*” on the cover of this informative document. Also, if you Google the meaning of “Game Plan” it comes up as “a strategy worked out in advance, especially in sports, politics, or business.” That works for me!!

So.... shall we dive into this Re-Opening GAME PLAN?

Mission Statement

"Power-Up is a **Medically**-Based Health, Fitness, and Performance Facility committed to *evaluating, educating, motivating, and integrating* the residents of our local community. We aspire to provide a safe, challenging, fun, and comfortable environment for people of all skills and fitness levels. It is our mission to help you achieve all of your health, fitness, and performance goals." ~Travis Hyer

What exactly is a **Medical Fitness Center**?

"Medical fitness centers serve as a place for those people with chronic illnesses to develop, initiate, and maintain an active lifestyle that minimizes the risk of illness and also provide the education to improve their health and wellness." (*Healthy Cells Magazine*).

As you all may know, we do not limit our services to only individuals with chronic conditions. However, I felt it was extremely important to bring this to the forefront due to the high level of risk COVID19 has on the health of individuals with chronic conditions (diabetes, heart disease, cancer etc.). We must all do our part to follow this Game Plan and keep EVERYONE safe.

THANK YOU!!!! Trav

Okay. So here is the bottom line. One major point that was mentioned on numerous occasions during the following guidelines briefing and in all the literature. If we are found being non-compliant with these guidelines we will be shut down. Period. Thankfully, we are a pretty tight family and I know you guys have my back. Not a day goes by when I am not reminded of this. I need you guys now, more than ever, to continue having my back. Please help me in maintaining compliance with these guidelines. Thank you!! Trav

Until further notice here are the current requirements



FIRST, THE FORMAL INTRODUCTION.

For those of you who have yet to meet my emoji “alter-ego” please say hello to “Little T”. He has agreed to pose for some of the demo pictures. **Sorry guys, so many other gym re-opening programs are very dark and somewhat “morbid”. Not very welcoming. I thought I would change it up a bit.**



DO NOT WORKOUT IF YOU AREN'T FEELING WELL. If you are not feeling 100%, please stay home and rest. Come back when you are feeling better.



WEAR A FACE MASK UPON ENTERING THE GYM AND THE ENTIRE TIME YOU ARE HERE.

Have your mask on before you enter the facility. Ensure it is covering both your nose and your mouth.



HAND WASHING OR SANITIZING.

I have designated a “Wash Station” just past the men’s bathroom. Wash or sanitize your hands upon entering and leaving the facility. It is *recommended* that you wash your hands (up to your elbows) for at **LEAST 20 seconds** when you arrive **AND** for 20 seconds before you leave. Hand sanitizer is located throughout the gym.



SIGN-IN BEFORE ENTERING THE GYM AREA.

Please sign-in before entering the gym area and sign-out as you prepare to exit. Sign-in with contact information and health screening required.



WIPE DOWN EQUIPMENT BEFORE AND AFTER EACH USE.

Cleaning supplies (disinfectants, cleaning towels) are located on a table just before you enter the gym area. Please take a cleaning bottle and a towel with you. These are the cleaning supplies you will use throughout your workout. When you are done place your towel in the “dirty towel” bin provided and your cleaning bottle in the “used bottle area” provided.

Until further notice here are the current requirements (cont)



MAINTAIN 6 FEET DISCTANCE FROM OTHERS

Maintain at least 6 feet distance from other members, coaches, etc.

To help ensure we can provide enough social distance between members we are required to maintain a capacity limit of 43 Members At Any Given Time (33% Max Limit).

Trust me guys, nobody is looking forward to the day these guidelines can be removed more than myself. The very moment I am given the approval to do so I will let you know!! Trav

GROUP FITNESS CLASSES

- **We will hold TEAM PREVENTION MEETINGS.** We will go over all of the precautions we are taking to keep the team and our members healthy!
- **Coaches will NOT come in and coach if they are not feeling well.**
- **SPECIAL ANNOUNCEMENTS.** Our coaches will announce BEFORE class starts that all members must wipe down each piece of equipment they use as soon as they are done with it.
- **We will ask for NO CONGREGATING BEFORE / AFTER CLASS:** Best practices would be to wait outside or in your cars before class begins. Also consider allowing extra time to allow for members to get in and out of the gym safely (to avoid congested areas) if needed.
- **UPDATED PROGRAMMING:** We may have to alter/update some classes, so clients are not sharing equipment during workouts. (ex. use stations so clients can wipe down equipment after use.).
- **Other Considerations:**
 - **LIMITED CLASS SIZE:** Class sizes may be limited to ensure adequate social distancing between all participants and coaches.
 - **TAPING THE FLOOR:** We may consider taping/sectioning the floor to block off workout space for members.

ADDITIONAL PROCEDURES INCLUDE BUT ARE NOT LIMITED TO:

- **UPGRADED CLEANING SCHEDULE.** At an absolute minimum, equipment will be disinfected throughout the day AND a deeper cleaning at the end of each day.
- **Increased Ventilation** by opening the doors (when possible), keeping fans going, etc.

A Little *H.O.P.E.* Can Go A Long Way!

A few weeks ago, I wrote on Facebook and mentioned this inspirational example using the word H.O.P.E. in a video. The amount of responses was more than any other thing I had put out in the past so I thought it would not hurt to add it to this packet:

How we respond to any challenge, setback, etc. is as important if not more important than the challenge itself. Do you accept defeat and simply give up? Do you go on social media and blame everybody else? Do you develop a strategic plan (maybe even a *Game Plan*) and prepare for the comeback? The choice is yours. How will you respond?

Optimism breeds more optimism. Confidence is contagious!! Unfortunately, so is negativity and let's face it, NOBODY wants to hang out with "Debby Downer". Have you ever heard somebody say, "That guy is so pessimistic, I can't wait to hang out with him again"?

Perseverance. The very definition states, "Persistence in doing something despite difficulty or delay in achieving success". Yup. It has been difficult. It will continue to be difficult for some time. But with a little H.O.P.E. we shall persevere!!

EVERYONE STRONG!! This is going to take all of us. Each one of us will experience a time when things may bring us down. But one of the many things I love about our community is there WILL be someone close by to help pick you up. Whether its doing our part to help keep each other healthy and safe or simply offering a helping hand, it is going to take EVERYBODY BEING STRONG, PREPARED, POSITIVE AND PERSISTENT!!!



Let's Finish This *Game Plan* With A *Fun Fact*!!

When I was nine years old, I entered a breakdancing competition. The winner was recruited to join the best-known local breakdancing group in our area called "The Floor Rockers". I was by far the youngest dancer there and I WON!! That's not even the fun fact. Guess what my breakdancing nickname was???



"Little T"

Now that's a FUN FACT!!!!

SEE YOU SOON!!!!