

POST COVID FITNESS

Your guide to getting
back into the swing
of things

FIERCE

RETURNING TO FITNESS AFTER LOCKDOWN

Exercise is key to staying healthy, not only physically but also mentally with lower activity levels affecting mood and anxiety.

With gym closures, concerns over safety, sheltering, tier systems and National lockdowns in 2020 and 2021 many people have become more sedentary.

For some exercise is a way to manage weight or to help towards a specific goal such as a holiday or wedding but with so much cancelled in 2020 motivation to exercise may have been severely affected resulting in lower activity levels, weight gain and muscle loss.

Exercise is a great mood booster and the mental health benefits of exercising are just as important as the physical benefits but sometimes it can be hard to get or stay motivated.



Even a small amount of exercise reduces the risk of major depression by 26%



HOW TO INTRODUCE OR RE-INTRODUCE EXERCISE

For those who have had COVID-19, they may be concerned of how to safely return or begin an exercise routine. An statement by pulmonologists published in The Lancet recommended that individuals rest completely for at least 10 days from the time they first experience symptoms, and then take a further week off for symptoms to resolve – that’s 17 days before considering returning to exercise.

For others a long absence from the gym may not be related to contracting COVID, but any absence can create an anxiety about heading into the gym and this could stop them achieving their fitness goals.

Whatever your reason for returning to exercise you should ensure you gradually reintroduce exercise to your routine.

We have put together a few tips from us at Fierce to get you started.



OUR TIPS

SET YOURSELF A NEW GOAL!

It is much easier to find motivation when you are working towards something.

These can be small goals like being able to do a press up or pull up, running 5k or bigger goals such as entering a competition, losing a certain amount of weight or being able to participate in a class without stopping.

DON'T RUSH - START SLOW!

Whether you are new to exercise or returning to it start back slowly,

If you have previously exercised you may still have experienced some loss in conditioning, fitness and muscle mass so you cannot just pick up where you left off.

Your body will need to be slowly re-introduced to exercise and certain movements to ensure you do not injure yourself.

LISTEN TO YOUR BODY!

If you were unfortunate enough to get COVID, you may find that you struggle to do certain activities, maybe you get out of breath more easily or maybe you tire more quickly, it will take time and it is important to remember the benefits of exercise in your recovery and in general for everyday life.

With this in mind it is even more important to:

- Get enough sleep - The immune boosting effects of sleep are well known, as is the role of rest in the repair and healing process.
- Take regular rest days – your body will need this time to recover and be ready to train again
- Eat healthy foods – make sure you are eating enough to fuel your body and keep your energy levels up, choose food high in protein and try to limit alcohol intake and unhealthy fatty foods.



HOW WE CAN HELP AT FIERCE

Fierce is not just a gym it is a community and we care about the wellbeing of every single member, we want to support you through your health and fitness journey whatever direction that takes, we will celebrate your successes and support you through your fails.

2020 has been a tough year but we are stronger together and we will help you to comeback fitter, healthier and more determined than ever to be the best you can be and you will leave every session feeling great and wanting more!





COVID-19 CONTROLS

At Fierce we have some strict Covid-19 measures in place

A Video guide to these can be found here:



July 2020 Corona controls - Fierce Gym



- Members and visitors are required to sanitise their hands upon entering the building
- All members get their own anti-viral spray bottle and blue cloth to use during their session
- Members are expected to clean equipment before and after use
- Equipment is spaced to ensure social distancing
- Track and Trace QR codes displayed for scanning in
- Sessions end with a 15 minute clean that includes all used spray bottles being anti-viral fogged as well as cable attachments, dumbbells, kettlebells, slam balls, boxing bags, touch points all cleaned including toilet doors and railings. This happens every 2 hours and 15 minutes

MOTIVATION

We run group exercise classes included in the membership to help with motivation and all exercises can be adjusted to suit.

Our team are renowned for their friendly approach and Fierce is an inclusive community with a diverse member base with different fitness interests, ages and abilities.

If you feel you need more dedicated support we have a broad range of PT's who can help you to reach your goals.

Visit our website to check out our equipment, our PT's, the classes we offer and more about us!

www.fiercegym.co.uk

Or on social media:

 @Fiercegym

 @Fiercegym

FIERCE

www.fiercegym.co.uk  