



# California Fitness Alliance Re-Opening Survey Responses

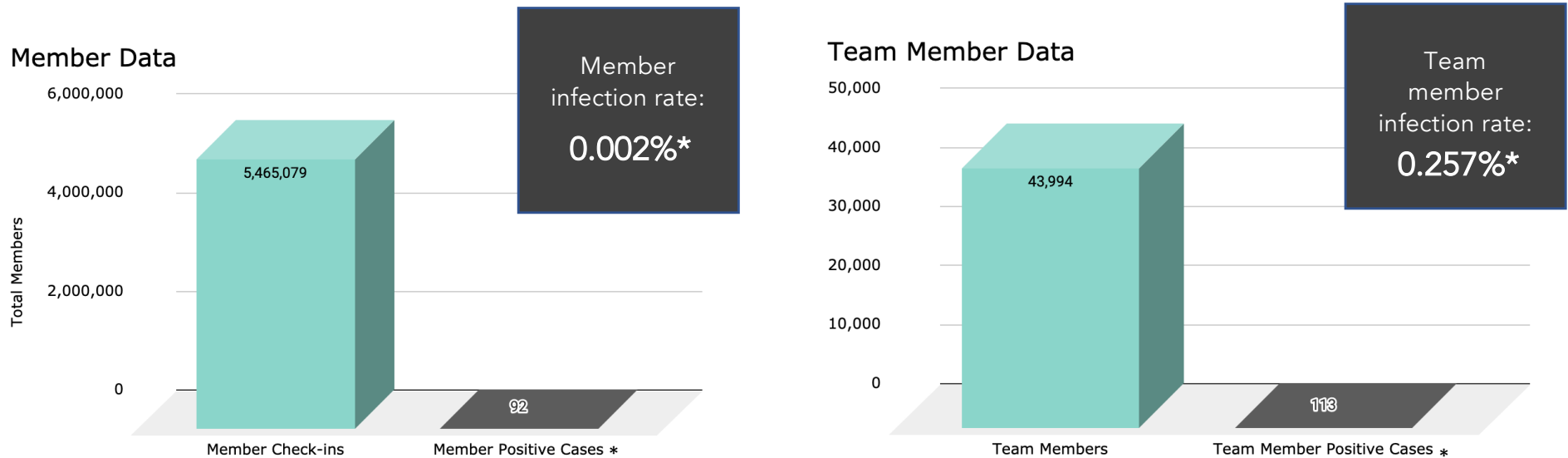
July 2020

The following data came from a survey of over 150 operators of health clubs, studios and gyms in California, with a total 785 doors.



# Fitness is essential and safe

During reopening period in CA (June 12– July 13, 2020) no cases of COVID-19 occurred in health clubs, gyms, or studios thanks to the safety standards including the 4Ws (wear a mask, work out six feet apart, wash your hands, wipe your equipment). Below are the cumulative results of a survey conducted among California fitness operators.



\*Cases were not reported as originating in fitness facility

Source: 150 operators responded on survey issued July 12, 2020 – July 20, 2020.

Note: Operators self reported and not all clubs were open for the full period between June 12, 2020 and July 13, 2020





# **Fitness is an Essential Business**

July 2020

# Fitness is Essential for Physical and Mental Health

**Mental health:** 1 in 5 American's experience mental health illness

- People with mental illness have 40% higher risk of developing cardiovascular and metabolic diseases than the general population
- Across the U.S. economy, serious mental illness causes \$193 Billion in lost earnings each year

## Physical Health - Deaths

- Leading cause of death in the US – **Heart Disease**
- Responsible for 840,768 deaths in 2016
- Annual total cost estimated at \$351.2 billion in 2014-2015.
- The leading causes of heart disease are Obesity, High blood pressure, Lack of physical activity

## Physical Health - Preventable Illness

- 117 million Americans—have one or more preventable, chronic diseases, many of which are related to poor quality eating patterns and physical inactivity
- Leading cause of preventable life years lost- **Obesity**
  - Costs associated with obesity and obesity-related health problems estimated to be \$342 Billion (in 2013 dollars) annually
  - Indirect costs of decreased productivity tied to obesity are estimated at \$8.6 Billion annually
  - Obesity causes increased risk of developing serious health conditions
    - Hypertension, Type 2 diabetes, Heart disease and stroke, Sleep apnea and breathing problems, Some cancers, Mental illness such as depression and anxiety

**PHYSICAL FITNESS  
IS KEY  
TO IMPROVE/PREVENT**

- **Mental Health**
- **Heart Disease**
- **Obesity**
- **High Blood Pressure**
- **Type 2 Diabetes**

**AND**

- **Lower Healthcare Costs**



# Fitness is Essential to Flatten the Curve

As of May 30, 2020, among COVID-19 cases, the most common underlying health conditions were:

- cardiovascular disease (32%)
  - diabetes (30%)
  - chronic lung disease (18%).
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- Hospitalizations were **6 times higher** among those with reported underlying conditions compared with those with none reported
  - Deaths were **12 times higher** among those with reported underlying conditions compared with those with none reported.

**PHYSICAL FITNESS  
IS KEY  
TO REDUCE IMPACT OF  
COVID 19**



# All Types of Fitness Are Essential

- Motivation is the hardest part of establishing fitness routine
- Everyone finds motivation differently
  - Community
  - Goals
  - Coaches/Instructors
  - Environment
- Range of options helps to get more people motivated

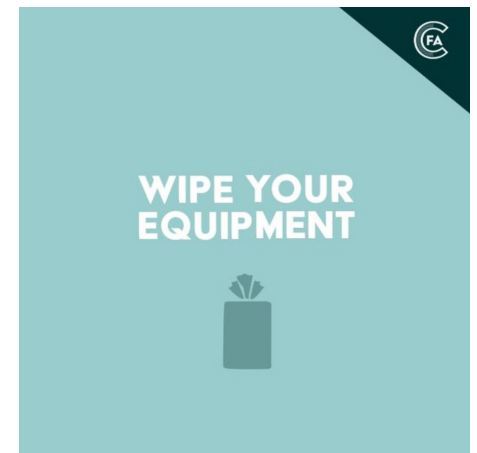
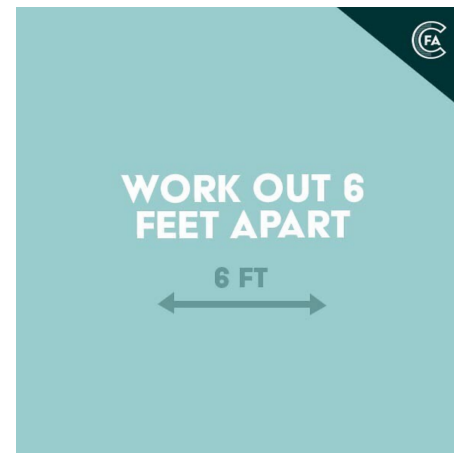
## ALL TYPES OF FITNESS ARE ESSENTIAL

Health Clubs  
Studios  
Run/Walk Clubs  
Home Gyms  
Parks/Trails  
Personal Training  
On Demand Classes  
Virtual Live Classes

**"AND not OR"**



# 4 W's Standards Keep Fitness Safe





# Working Out with Face Coverings/Masks Keeps Fitness Safer and Open

“I know some people find them unpleasant” while running or cycling “and there are controversies” about whether they should be mandatory. “But I look on masks as an opportunity to be a good citizen and show that you care about the well-being of others,” he says, even as you bolster your own well-being with a workout.

- Cedric X. Bryant, the president and chief science officer of the American Council on Exercise

<https://www.nytimes.com/2020/06/17/well/move/exercising-while-wearing-a-mask.html>

Generally, yes, it's safe for most people to exercise while wearing a face mask, Grayson Wickham, a physical therapist and certified strength and conditioning specialist at [Movement Vault](#),

<https://www.cnet.com/health/should-you-exercise-with-a-face-mask-during-coronavirus/>

