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Sweatiquette--Working out with class

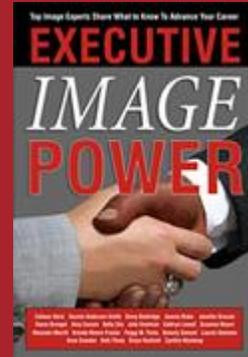
Everyone wants to get in shape for summer. Trouble is, you never know who might be sweating next to you when you're lifting weights or spinning those thighs. So serious is the lack of sweatiquette that notorious stories of inconsiderate "gym rats" emerge daily, everything from sporting yoga "thong wear" to making lunch in the sauna (really?)

Here are some general tips to keep fit (and keep your dignity):

- Wipe down equipment, mats, benches so they are free from sweat or makeup.
- So you can bench press 200 lbs., but remember to remove all those weights for the next person who can only manage 50.
- Take 2 minutes to shower—even if you don't think you sweated. Believe me, you did. And you'll go back to the office refreshed.
- Be "scent"sitive—don't douse yourself in cologne or perfume.
- The gym is for de-stressing—leave your cell phone at the office or in your locker.
- Tone down sound effects. No one likes a "grunter" telling the world how hard he's working out.
- Please—towels go around your body, not your neck.
- All gyms have unwritten etiquette rules—like don't run around naked in the change room. Learn what's expected by observing (discreetly).
- Voices carry in a gym. Keep the gory details of your medical condition, blind date or family squabbles to yourself.
- Sound also echoes around a squash court so next time you miss a shot, a simple "oops" will do.
- Leave fully clothed, that is, double-check zippers and buttons. Don't be afraid remind someone else if they're about to expose themselves (accidentally).

Going to the gym is all about sharing—sharing space, equipment, showers. Remember to show some class and consideration, even when you start to sweat.

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T. 416-429-8028
E. info@hereslookingatyou.ca

