

## Video & Audio Clips Transcript

### Johnna Steller, OSF HealthCare Respiratory Therapist

#### **What are the challenges of working out in a mask? High intensity exercise creates more Co2**

"When your muscles burn they create lactic acid and the lactic acid turns into Co2 so that Co2 is going to increase more if you're doing a higher level of intensity of exercise." (:12)

#### **So what can gym goers do to make sure their safe exercising while wearing a mask?**

You need to pay attention to your body when exercising with a mask because you could feel some negative side effects.

"You could get light-headed. You could get dizzy. You could even become confused if it's for a long period of time." (:06)

#### **What is the best approach if people are feeling some of those negative side-effects?**

A common response when experiencing difficulty breathing is to rip down the mask rather than just slowing down intensity. Stellar says resist the urge.

"They could just want to pull the mask down and not recognize the fact they shouldn't be doing that. Instead, they should be slowing down, stopping, catching their breath, and then going on." (:09)

#### **What else can you advise gym goers who really want to get back to their regular work out?**

Lots of regular gym-goers think of themselves as very fit but wearing a mask can force a less intense work-out. Steller says that's ok.

"They need to be reminded that this doesn't mean they're weaker. It doesn't mean their fitness level is less. It just means that it's different and as far as burning calories, usually when you are breathing heavier and your heart rate is going up – which will happen while with the mask – you're probably going to burn more calories." (:19)

### Steve Starks – Owner and Trainer, Guardian Fitness

#### **What changes have you made as a result of COVID-19 to keep your clients safe while working out?**

When they come in the door they come in one direction and they go out one direction. Also the first thing they come in the door is they make sure they sanitize their hands we have sanitizing stations throughout the gym - that is important. We have separate pods, our clients come in, find their location and

"Their equipment is already at their location which prevents a lot of contact back and forth. And if they should put something in their station stays there until the end of the class and we make sure that everybody wipes it down. In between we also do frequent handwashing and also sanitizing before and after the workout." (:17)

#### **Do I have to wear a mask while working out – what if I can't breathe well?**

"What the most important thing is they maintain their distance in between because that still allows them to be safe. And we always ask them to take the initiative. If you feel unsafe then you step back, then you put on the mask and that will cue the other person to also put on their mask and that makes them so they're not so offended by seeing the mask." (:13)

But we're a family environment, everybody feels comfortable. Even as an instructor when I exert energy it's uncomfortable for me. But you can never be safe enough but it's important to understand that Yea, you'll be uncomfortable for a bit but if you feel uncomfortable to the point you can't breathe take your mask off. If you're feeling

unsafe or you need more space also plenty of room outside where you can still hear and make yourself feel safe without your mask.

**It's all about protecting the family – your one at home and your gym family. We educate our clients that our precautions are for their own safety.**

“If it helps you and your loved one to save a life, to make them safe because you never know what's going to happen if you leave here if you're not being safe. We bring it back to the family environment by being safe, by being clean, by wearing your mask, you're protecting people inside the gym but you're protecting going back home and taking any possible contact back to your home.” (:12)