Here are some tips and tricks to help you stay healthy during the pandemic

AU Health and Fitness Management
Nick Milgate 2020

- Clean your hands regularly with either an alcohol-based sanitizer or soap and water. The sanitizer should contain at least 60% alcohol and you should wash your hands for at least 20 seconds.
- Clean surfaces in your home regularly with disinfectant
- Avoid going outside of your home, especially to crowded areas. You should only leave your home to gather essential supplies such as food.
- Avoid those with flu-like symptoms, and call your doctor if you display symptoms yourself.

And most importantly, exercise! Visit our Instagram page @sweatlikeasaxon for at home workouts!