

Health Club Safety Tips.

TIPS FOR YOUR PERSONAL SAFETY

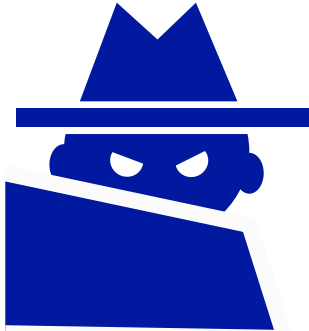
What Can I Do?

Security cameras are not allowed inside a health club locker room – and perpetrators know that. Membership safety may rest with the club owners, but you are still urged to follow certain safety precautions to thwart thieves:



Vigilance

Remain alert while wearing headphones or watching television during a workout. Opportunists often target people who are preoccupied.



Distractions

At times a perpetrator may not be alone; diversion, including loud music, is a common ploy used to remove one's belongings.



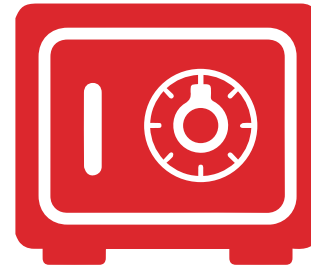
Shallow pockets

Wallets, cell phones, money, and keys can become visible – don't tempt a thief.



Combo Lock

Use a combination lock on your locker – keys can disappear.



Consign valuables

Upon arrival, ask the front desk to safeguard valuables in the health club safe. Do not leave these items in your car.

Please be smart and stay safe!