



CEO, JSK ETIQUETTE  
CONSORTIUM JANET ADETU

# GUIDE TO... **PART 2** *Gym etiquette*

## 1 DRESS TO IMPRESS

The gym may be an excuse to go bare, but how bare should you go?

Because you're at a gym you really do not want to be wearing clothes that are too thick or baggy. In choosing gym wear, look out for the right fit. Some women buy gym wear a size too small and end up revealing way too much. Your gym wear should be stylish, comfortable and clean. Don't wear gym clothes more than once. It is not hygienic and is an image killer.

Some women wear blouses, casual trousers and flats to the gym, some wear bedroom scarves or nets, some even go braless while others wear too much make-up and lots of perfume to the gym.

**Follow our gym dress etiquette guidelines when you're working out:**

- Wear mainly lycra wear to the gym (elasticated easyfit)
- Trainers are best footwear for comfort
- Wear a sports bra for better support during exercise
- Medium to long gym trousers are better when using equipment that involve sitting
- Don't wear very small shorts or hot pants in the gym
- Avoid wearing your glasses to the gym - you don't need them
- Always wear socks for better grip and to avoid smelly feet
- If you are having a bad hair day, wear a sports cap
- Minimal or no jewellery is expected at the gym
- Always tie your hair back from your face to maintain concentration
- Carry a sports bag and not a designer bag to the gym. Leave all valuables at home

## 2 HAIR FLAWS

We women tend to spend so much money on our hair, that sometimes we would rather avoid the gym for the fear of ruining a lovely hair-do. But it is much easier to tie hair back when going to the gym. Wearing a cap may also help keep the hair intact. It may sound funny but it has to be said: don't wear rollers on your head just because you are going to work straight from the gym. Remember, even in the gym, image is everything and perception is reality.

## 3 BARE ESSENTIALS BATHROOM TACTICS

I know we women are all the same and really have nothing to hide. A lot of women don't mind revealing all their bare essentials when getting ready in the bathroom. A number of ladies use this opportunity to get ready for work and totally take over the bathroom as if it was their very own at home. Please cover up your bare essentials for the sake of decency, and don't use up all the space in the bathroom.

## 4 A FRUIT OR TWO

Exercise makes us peckish and even hungry. Some gyms provide a variety of fruits like apples or bananas for their members to help replenish lost energy. In your bid to alleviate hunger, don't take more than one piece of fruit.

## 5 DINING ETIQUETTE

If your gym has a cafeteria, be careful not to indulge in too much food so soon after exercising. Most will offer juices, smoothies and teas with breakfast bars, light salads, soups and sandwiches. Watch your intake as the real essence of eating would be to regain strength not to satisfy your appetite.

**"PLEASE COVER UP YOUR BARE ESSENTIALS FOR THE SAKE OF DECENCY"**

