

While much remains unknown about COVID-19, the assumption that health and fitness clubs are either a source of new infections or a high-risk environment for new infections does not stand-up to the data.

- Johns Hopkins School of Public Health, released their [Public Health Principles for Phased Reopening During COVID-19: Guidance for Governors](#), which placed health and fitness clubs in the ‘medium’ risk category.
- An independent [study conducted by the University of Oslo](#) shows that training facilities operating under appropriate guidelines, with good hygiene and social distancing measures (1 meter for floor exercise, 2 meters for high intensity), saw no increase in COVID-19 transmission.
- An industry survey conducted by MXM Medallia, consisting of 1003 health and fitness clubs reports a mere 394 COVID-19 cases out of 8.9 million check-ins as of July 22. This is 1 case in every 22,589 visits or an occurrence rate of .0004%.
- Contact tracing per state bears this out as well. Louisiana has begun releasing tracking data on [COVID-19 cases by setting](#). Of twenty reported settings, ranging from automotive to religious gatherings, gym/fitness centers rank 16th in COVID-19 cases. Well behind settings such as bars, restaurants and casinos and even behind office settings and religious gatherings.
- In Arkansas, another state experiencing a surge in COVID-19 cases, spread from health clubs is demonstrably low. Arkansas Governor Hutchinson reported that of 5,063 active cases in the state, less than .2% had visited a health club prior to testing positive.

Health Benefits of Exercise

- According to the Centers for Disease Control (CDC), physical activity and other lifestyle changes can prevent five of the top ten causes of death in the U.S. (before COVID-19).
- Evidence shows that physically active lifestyles can improve immune system health and [diminish the risk of contracting some communicable diseases](#), including upper respiratory tract infections.
- Additionally, health and fitness clubs are uniquely positioned to help the state, by conducting accurate and efficient contact tracing. Clubs use a check-in system, which allows them to identify who is in the club, as well as the date and time they visited.

The economic impact of the COVID-19 Pandemic on the Health and Fitness Industry (IHRSA estimates the following)

- \$7 billion in lost revenue through July 1, 2020
- 25% of clubs could close by the end of 2020

(last updated 7/29)