



Champion Spotlight

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I have asthma and am a diabetic, so I have to pick and choose what to do to make sure I stay safe. I am disabled after losing my leg from diabetes. One of the things that I choose to do is go to the gym as often as possible to keep myself healthy. **My gym is safe and has all the equipment that I need to exercise.** I tried walking outside for exercise during the shutdowns, but it was not the same workout and I had to stop when the air got too smoky. The day I heard my gym might open again, it made my week. I started back immediately and go almost everyday. I understand the need for places to shut down, especially for the safety of folks with conditions like I have. But not a gym. Our gyms are essential to our wellbeing. **If it wasn't for my gym and the ability to workout, I would likely be in the hospital or dead.**

-Steven, Clovis



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I've tried my workout outside, but there are many days over 100 degrees. The air quality has always been poor, but now the fire season has made that problem worse. Soon we will be heading into the winter months when it will be too cold to work out at night when I get home from the office. **We need gyms to open as soon as possible to give people a safe place to exercise inside.**

-Guadalupe, Chino





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The shutdown left me feeling unmotivated. I stopped working out and started gaining weight, which led to going back to fast food, which just continued an unhealthy trend. I would drive by parks that were open and see 40 people exercising with no masks, yet my gym was closed. **As soon as my gym opened, I began going and have not felt unsafe at all. They are following all safety protocols like masks, social distancing and frequent cleaning.** I'm finally back to feeling healthy again and more like my old self.



~Joe, Garden Grove



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As a teacher and an essential worker going into school each day, I see the impact that physical inactivity has taken on myself, my students, their parents and my colleagues. **Exercise is important not only for physical strength, but for mental health and stress release. I relied on my gym because it was a workout I could afford.** Building a home gym or working out outside is simply not feasible. We need gyms to open, to give people access to exercise, especially for those who don't have other options.



~Troy, La Verne