

## **PRELIMINARY DATA CONFIRM THAT FITNESS CLUBS ARE A SAFE PLACE TO EXERCISE**

*Hoofddorp, 2 November 2020* - Preliminary data of a study commissioned by EuropeActive's Research Centre THINK Active show that gyms are a safe place to work and to exercise. The research has highlighted the extremely low average infection rate of COVID-19 within fitness facilities.

The SafeActive study<sup>1</sup>, executed by the King Juan Carlos University and AWRC-Sheffield Hallam University, has revealed that fitness clubs are not places where the virus is spreading. The preliminary results show very low levels of Covid-19 risk in fitness clubs with an average infection rate of 0.78 per 100.000 visits. The fitness industry, including Basic-Fit, has applied a strict hygiene protocol since the reopening of its clubs, resulting in these encouraging results.

### **🔗 Fitness clubs ensure a safe environment**

The SafeActive study has been conducted amongst European fitness operators in 14 countries. The data collected are based on more than 62 million visits to fitness and leisure clubs with only 487 positive COVID-19 cases (including members and staff).

### **🔗 Fitness is part of the solution**

It's now more important than ever to remain active. Exercising has a positive impact on people's physical and mental well-being and helps fighting the virus. According to Professor Rob Copeland, the director of the Advanced Wellbeing Research Centre at Sheffield Hallam University, 'being physically fit can help reduce the severity of COVID-19 infection and moreover being active can help us cope psychologically when faced with the challenges of a second wave of the pandemic across Europe'. Professor Alfonso Jimenez, head of THINK Active, adds that 'physical activity is a fundamental part of the solution during the COVID-19 pandemic in helping strengthen and improve immune functioning and lower risk of viral illness'.

Basic-Fit, together with the fitness industry, will continue to battle to keep fitness clubs open. It's crucial to give members the opportunity to maintain a healthy lifestyle.

<sup>1</sup> *SafeACTIVE study, commissioned by EuropeActive's Research Centre THINK Active*

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#### **FOR MORE INFORMATION**

##### **Corporate Communications**

Stéphanie Chaperon

+31 (0)6 11 24 37 86

[corporate.communications@basic-fit.com](mailto:corporate.communications@basic-fit.com)

#### ABOUT BASIC-FIT

With more than 900 clubs, Basic-Fit is the largest and fastest growing fitness chain in Europe. We operate in five countries and in our clubs more than 2.25 million members can work on improving their health and fitness. Basic-Fit operates a straightforward membership model and offers a high-quality, value-for-money fitness experience that appeals to the fitness needs of all active people who care about their personal health and fitness. A typical subscription costs €19.99 per four weeks and gives people access to all our clubs in Europe and all the benefits of the Basic-Fit App.