Shape, arrow

Description automatically generated with medium confidence**Exercising at Home: Safety Information**

Exercising at home will be different from exercising at any one of Newport Live venue, please consider:

• You have a space free from hazards such as furniture, pets and anything that can cause a slip trip or fall.

• Give yourself enough space to move with freedom and not bump into furniture, doors, or walls. Ensure correct ceiling height so you do not come in to contact with light fittings or fixtures.

• Keep your room ventilated for ambient temperature. Consider opening windows and or using a fan to facilitate your level of exercise excursion.

• Ensure the floor surface you are exercising on has suitable grip and is stable.

• Make sure any equipment you use is free from damage and is safe.

• If you are worried or have any medical concerns do seek help from you GP or Health professional before participating. Do not participate if you feel unwell.

• For further details please refer to our Health Commitment Statement for online classes found at [www.newportlive.co.uk](http://www.newportlive.co.uk)

• Remember: Always exercise safely and do not exercise beyond your own abilities.