

Ensuring Healthy Fitness Centers



With Path-Away®



How Healthy Is Your Gym

It's a place designed to help you get healthy but ironically the gym can also make you sick.

The risk of pathogen (germ) transmission is very high due to many factors.

The susceptibility of gym users is also very high due to the wide variety of pathogens present and individual immune systems.

7 Unhealthiest Locations

Gyms and recreational facilities rank as one of the most germ-laden environments, with 28 percent of surfaces testing positive for contamination, according to an analysis by Dr. Charles Gerba, a professor of microbiology at the University of Arizona who has published hundreds of scientific papers on infectious diseases and germs.

Water Fountains

Water fountains, particularly their handles, can become contaminated by a variety of germs, including norovirus, which can survive for up to 4 weeks on an infected surface.

Some people boost the risk by touching the spout with their mouths, which can also lead to transmission.

Your Water Bottle

A water bottle saves you from risking a drink out of a contaminated water fountain, but if you touch the spout of your water bottle with germy hands you may not be much better off.

Choose a bottle that doesn't require you to bring your fingers close to the drinking surface and wash with warm water/soap after every fitness center session.

Zumba And Aerobic Type Classes

Zumba, hot yoga, group Pilates class, or any other group fitness situation lends itself to germs (especially influenza) spreading through simply inhaling water droplets exhaled by your fellow workout buddies.



Keep at least six feet away from anyone who's coughing or may be contagious.

Gym Bags And Shoes

Only you know where your gym bag and shoes have been but chances are, they have come into contact with germs, whether you've set them on the bathroom floor or stuffed them into a locker. Germs spread easily to you. Take extra precaution around other's bags and shoes.



Gym Mats

Any high-contact surface is a risk since 80% of infectious diseases are spread by direct or indirect hand to mouth contact. This can and does include gym mats.

Podiatrists and dermatologists report a spike in athlete's foot, fungal infections and plantar warts linked to using dirty communal mats during barefoot yoga routines.

Saunas And Steam Rooms

Saunas and steam rooms are the perfect place to relax after a tough workout – but don't go barefoot or you might find yourself facing a less-than-relaxing foot infection. Even if the air is hot, the warm floors of saunas and steam rooms can still allow the fungus that causes athlete's foot to flourish.

Cycling Bikes

The same soft, foamy materials that make cycling bike seats and handlebars comfortable can also contain germs like MRSA and *E. coli*. This type of material acts like a sponge and frequently becomes contaminated.

It is very difficult to disinfect spongy surfaces using wipes alone.

Easily Acquired Deadly Pathogens

- ✓ **COVID-19(SARS CoV2)** Spread airborne as well as surface contact.
- ✓ **Norovirus**—A cause of acute gastroenteritis.
- ✓ **MRSA** – A deadly superbug which triggers hard-to-treat infections.
- ✓ **Klebsiella pneumonia** – This pathogen causes pneumonia, urinary tract infections, and bloodstream infections.

Easily Acquired Deadly Pathogens

- ✓ **Staphylococcus aureus** - Spread through contact from any surface including a towel, razor, exercise equipment and skin to skin contact. It can cause rashes, pimples, boils and spread deeper into the skin. It can be life threatening. It has been known to cause sepsis or meningitis.



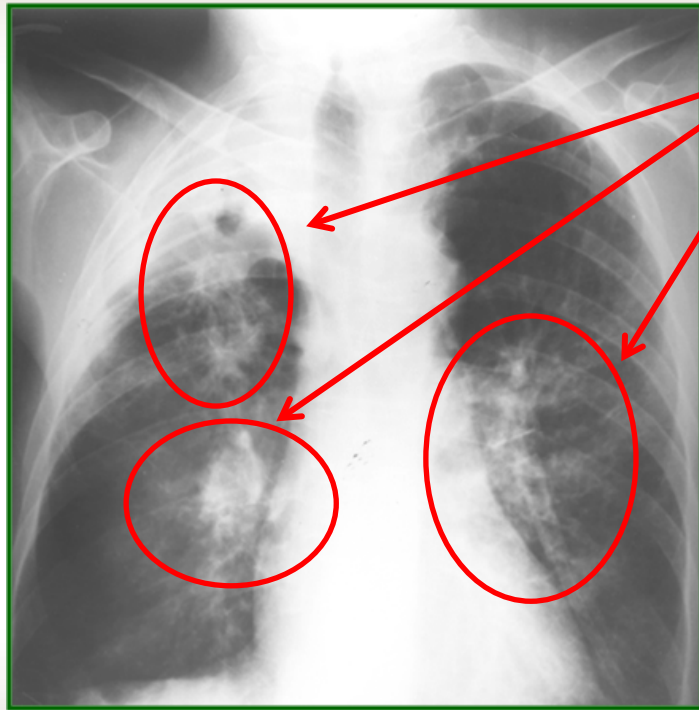
Easily Spread – Easily Acquired



Examples of “contact acquired” gym bacteria
Protect yourself at all times with proper hygiene
including hot water, soap and an
“Anti-Bacterial Spray”

Easily Spread – Easily Acquired

Aspergillosis at 11 weeks

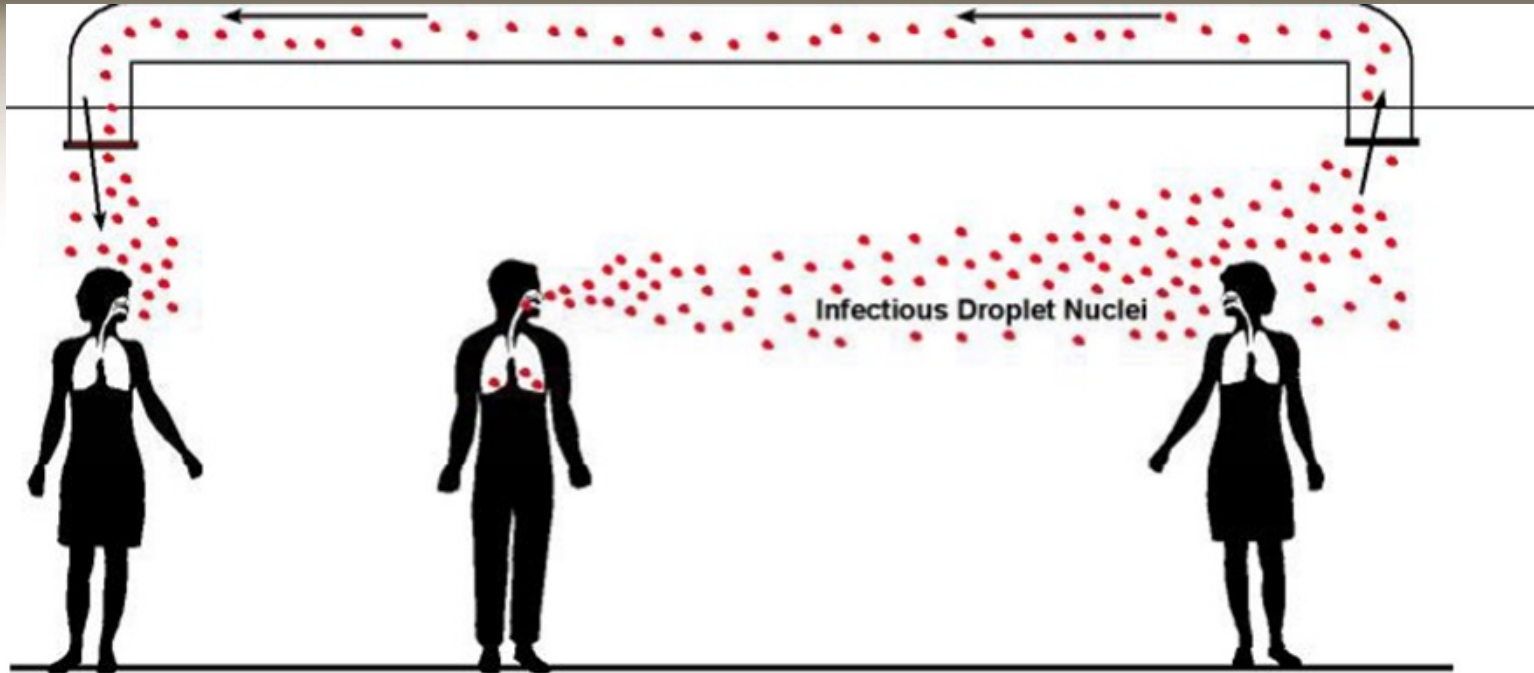


Destroyed lung tissue

It does not regenerate

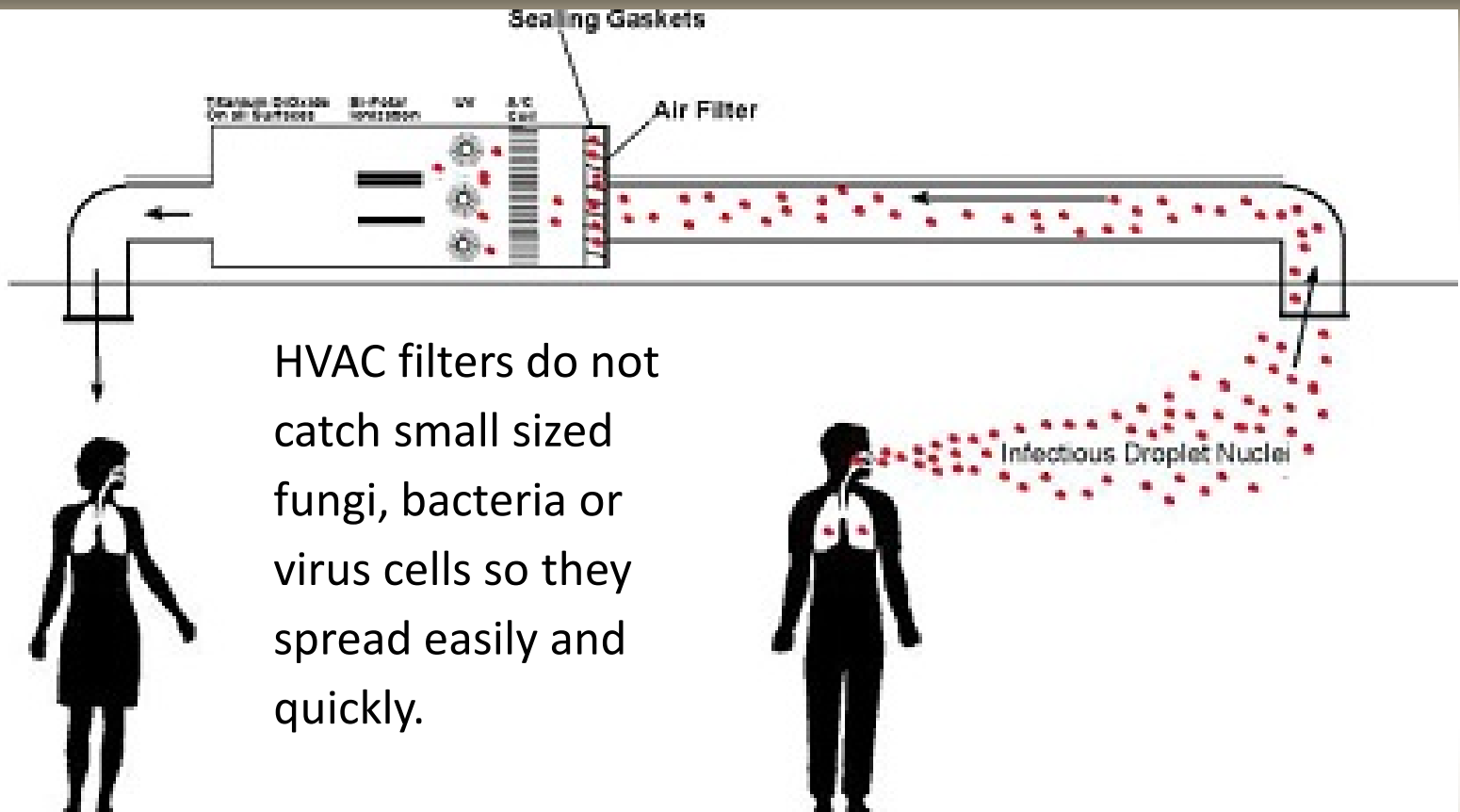
This is called
***“Bronco Pulmonary
Aspergillosis”***

Most Overlooked Problem



People to people transmission and through the building HVAC system

How Are People At Risk



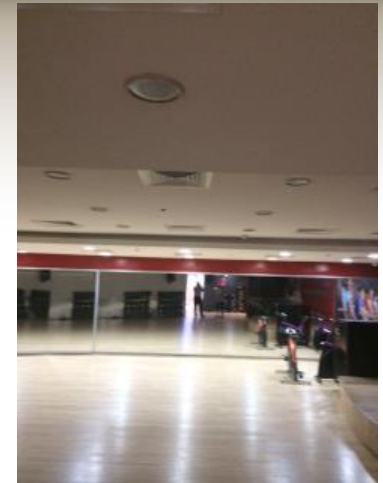
“Fitness First” Gym in Riyadh

- 1 What we did
- 2 What we found
- 3 What could be done

Fitness First Gym in Riyadh

What we did

- ✓ Walk through the facility to see the total layout
- ✓ Collected air samples to identify any pathogens
- ✓ Collected swab samples to identify any pathogens



Main gym
and
Upper
Level pool

Fitness First Gym in Riyadh

What we did

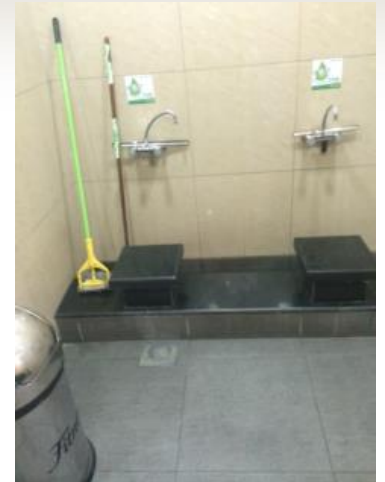
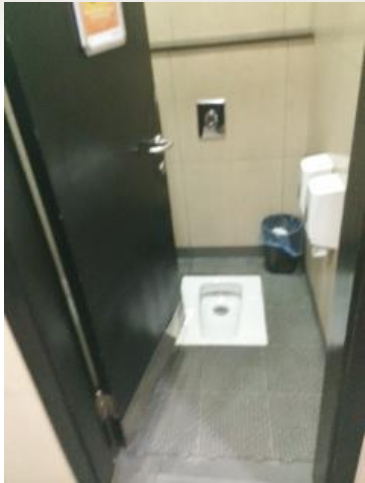


This is typical matting we found and we collected samples for bacteria from it.



Fitness First Gym in Riyadh

What we did



Typical tile and mat flooring we found and we collected samples for bacteria. Note the Asian style toilet which is a huge source of bacteria.

Fitness First Gym in Riyadh

What we found

1. Three different species of mold/fungi
2. Low levels of cellulose, synthetic and fiberglass particles.
3. ***Basidiospores*** ***Considered a health hazard***
4. ***Cladosporium*** ***Considered a health hazard***
5. ***Aspergillus*** ***Considered a health hazard***
6. ***Penicillium*** ***Considered a health hazard***

Fitness First Gym in Riyadh

What we found

- | | |
|--------------------------------|----------------|
| 1. Gram negative rod bacterium | 30,000,000 cfu |
| 2. Gram positive rod bacterium | 30,000,000 cfu |

These are indicators of bacterium such as: Salmonella, E. coli, Pseudomonas, Legionella and Acinetobacter baumannii.

Potential illnesses include: Respiratory problems, diarrhea, intestinal inflammation, gastroenteritis, secondary meningitis and pneumonia.

Fitness First Gym in Riyadh

What could be done

A complete treatment of surfaces plus HVAC was done using an all natural, totally organic, non GMO, chemical, drug and alcohol free solution scientifically developed in the USA.

Path-Away Anti-Pathogenic Aerosol Solution®

Tested Proven Approved

Fitness First Gym in Riyadh

Air Post-Treatment

***Total elimination of viable
(living) airborne pathogens***

Fitness First Gym in Riyadh

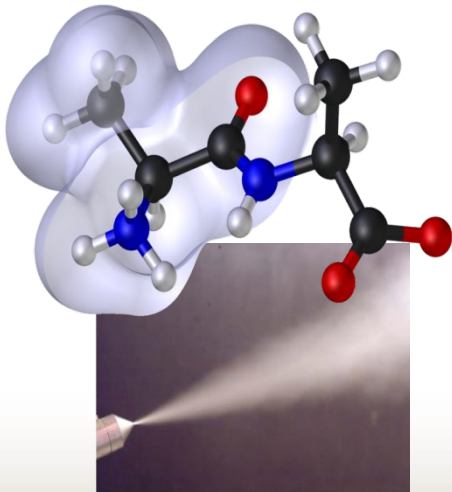
Surface Post-Treatment

- | | |
|--------------------------------|--------|
| 1. Gram negative rod bacterium | 0 cfu |
| 2. Gram positive rod bacterium | 20 cfu |

***These numbers represent a reduction of
99.9997% with a single application of
Path-Away Anti-Pathogenic Aerosol Solution®***

M3 System Whole Building Treatment

HVAC Treatment With The M3 System



Path-Away® / The M3 System®

- ✓ Chemical free
- ✓ Non toxic
- ✓ Biodegradable
- ✓ Alcohol free
- ✓ Highest efficacy
- ✓ Odor free
- ✓ Homeopathic
- ✓ Certified Organic
- ✓ Uncomplicated
- ✓ Up to 100,000 Sq Ft capacity with one (1) unit.
- ✓ Flexible product delivery
- ✓ Proprietary software
- ✓ EPA Exempt FIFRA 25(b)
- ✓ Currently used globally

Your Premier Option

Make your fitness center a
“Health Destination”

There is documented proof that with a single application of Path-Away® we were able to eliminate the airborne threat and wipe out the surface bacterial threat to almost complete zero.

Your Premier Option

**Along with automatic HVAC care
you should**

- ✓ Stock 60ml and 120ml bottles for sale to members
- ✓ Advertise and promote your ***“Health Destination”***
- ✓ Post flyers for take away by members
- ✓ Consider an outdoor banner if allowable

Your #1 Benefit

It is a proven fact that happy clients tell an average of 5 other people about their great experiences.

It is also a proven fact that unhappy clients tell an average of 10 people about their bad experiences.

Those happy clients are \$\$\$\$\$\$\$\$ to you!

Call Today For Details



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