

I never thought that Covid-19 would ever interfere with my daily gym routine. I always thought that I just had to sanitize and keep my distance from people when I was at the gym and I would be fine. Little did I know, the virus took me by surprise and altered my daily gym routine. On the morning of March 11th, I found out that two people who participated in a class at the gym on the morning of March 5th had the virus. Those were the first two cases of Covid-19 in the county I live in. The gym then tracked down everyone from that class to tell them that two people in that class had the virus. It shocked me because I was at the gym on the morning of March 5th as well, but not anywhere near these two people because I don't participate in any classes at the gym. Luckily, I am okay right now and have not shown any symptoms of Covid-19. However, the news of this scared me since I don't live too far from the gym as well. After hearing this news, I started taking this virus seriously since it was very close to me and I didn't even know it. I started sanitizing my machines and weights at the gym better than I ever have before and after use. I also started to keep my distance from people at the gym and in public in general as well. The news of this definitely changed my gym routine and my routine in general for the two weeks it was new. Eventually, they closed the gym until further notice since the governor ordered all gyms to be closed. I have not been to the gym for two weeks as a result of this and have started working out from home. My Covid-19 experience was something I will never forget. I have never been asked to "quarantine" or "social distance" before. I have never seen gyms and other public, non-essential places shut down until further notice. It is something I never thought I would experience in the prime of my life. I will remember this experience and what is going on in general for the rest of my life. This has drastically changed my lifestyle and everyone else's in the world. People should self-isolate themselves so we can get through this chaotic event as fast as we can. This has been a life-changing experience for me and many others around the world.