

TOP 10 THINGS

Your Gym or Community Centre Can Do

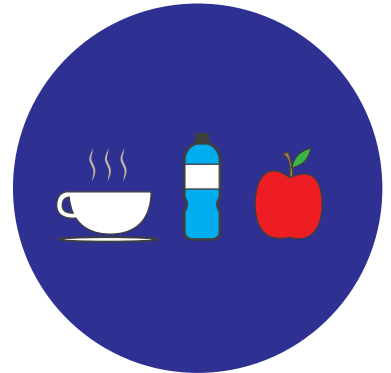
To Create a Welcoming Environment for Diverse Women



Display words or phrases in local languages & dialects



Ask women if they need support navigating the centre or using equipment



Provide water or healthy snacks to women while they wait



Create women-only hours for anyone who identifies as a woman



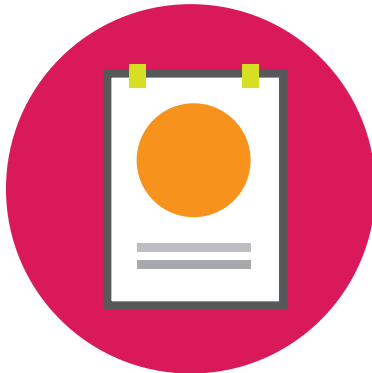
Provide childcare for women during gym times or programs



Display diverse images of people being active



Create programming for families: offer programs for mothers and children



Display poster and signs conveying that everyone deserves to feel welcome and respected



Seek feedback from women with a survey, comment box, or community advisory committee



Tell returning women "It's nice to see you again"