

S.W.E.A.T. Camp's approach to overcoming the COVID-19 pandemic!

We wanted to give you an update about what's happening at S.W.E.A.T. Camp due to the coronavirus outbreak.

As you know, we are 100% committed to helping you reach your fitness goals, no matter what!

As a preventative measure (in case you didn't see our live video last Friday), we're rolling out an AMAZING BRAND-NEW PROGRAM to help you keep up with your workouts in the comfort of your living room until you can get back to the studio.

We're transitioning to ONLINE COACHING – it's an incredible way to work out that lets you STAY CONNECTED to your fitness family and keep working toward your goals, all from your home!

Just a few years ago, we wouldn't have been able to do this- but I'm so grateful that we're able to do it TODAY!

All you will need is your computer, an internet connection, and some basic equipment (Dumbbells, Kettlebell, Step, Yoga Mat, Gliders.) It's through a FREE software solution called Zoom.

This is NOT the time to sit back on the couch and let all your amazing progress slip away! You have worked so hard, and we are so proud of the progress you've made!

So ... it's time to dig in and not let a temporary situation derail us!

In fact, I think this gives us a great opportunity to focus even more on our health - and our family's health!

Remember: Staying active and fit will keep your immune system strong – and also help you burn off stress.

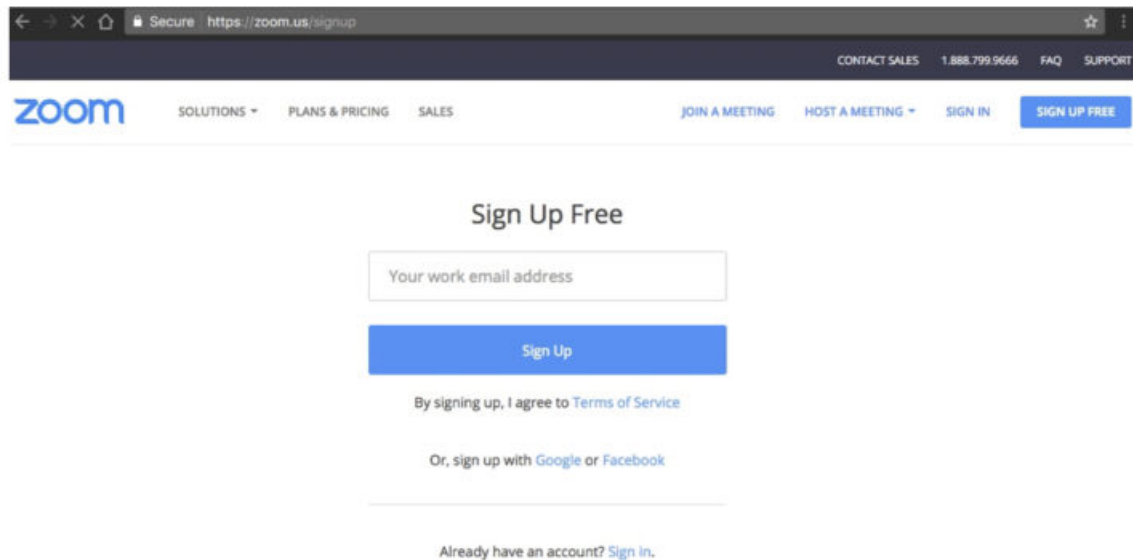
And with the power of your local fitness community behind you, you can get through this fitter than ever!

NOTE: Your family members are welcome to join in the workouts!

Below you will find step by step instructions on how to download and join a ZOOM meeting.

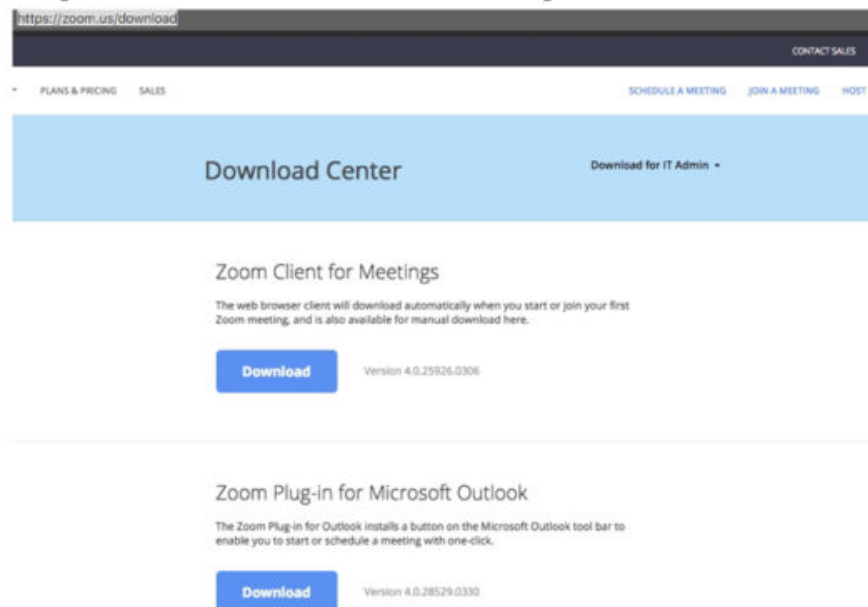
You can use the images for a guide or watch this fantastic tutorial:
<https://youtu.be/12wtrMGPEqY>

1.1. If you don't have an account, sign up



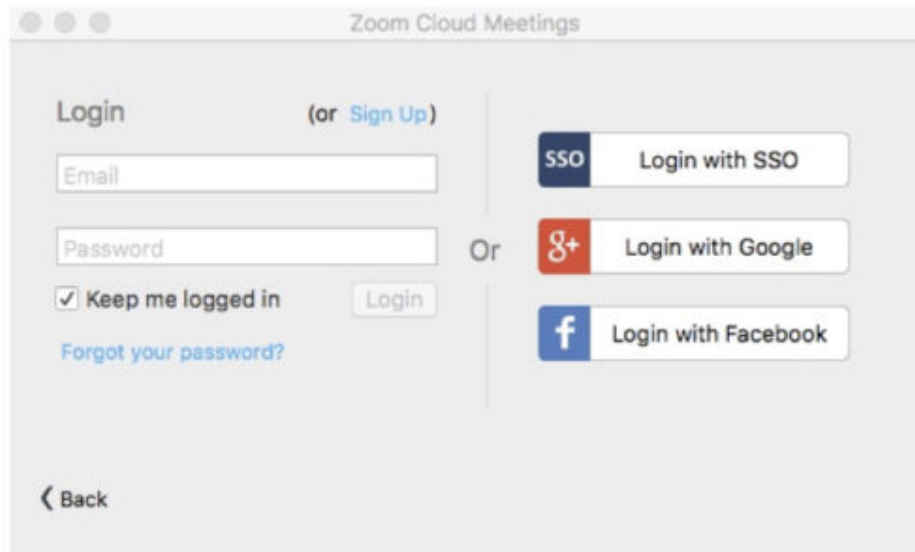
The screenshot shows the Zoom sign-up page in a browser. The address bar displays "Secure https://zoom.us/signup". The navigation bar includes the Zoom logo, "SOLUTIONS", "PLANS & PRICING", "SALES", "JOIN A MEETING", "HOST A MEETING", "SIGN IN", and a blue "SIGN UP FREE" button. The main heading is "Sign Up Free". Below it is a text input field labeled "Your work email address". A blue "Sign Up" button is positioned below the input field. Underneath the button, it says "By signing up, I agree to [Terms of Service](#)". Below that, it says "Or, sign up with [Google](#) or [Facebook](#)". At the bottom, it asks "Already have an account? [Sign in.](#)"

1.2. Download Zoom to your computer and/or phone and complete installation

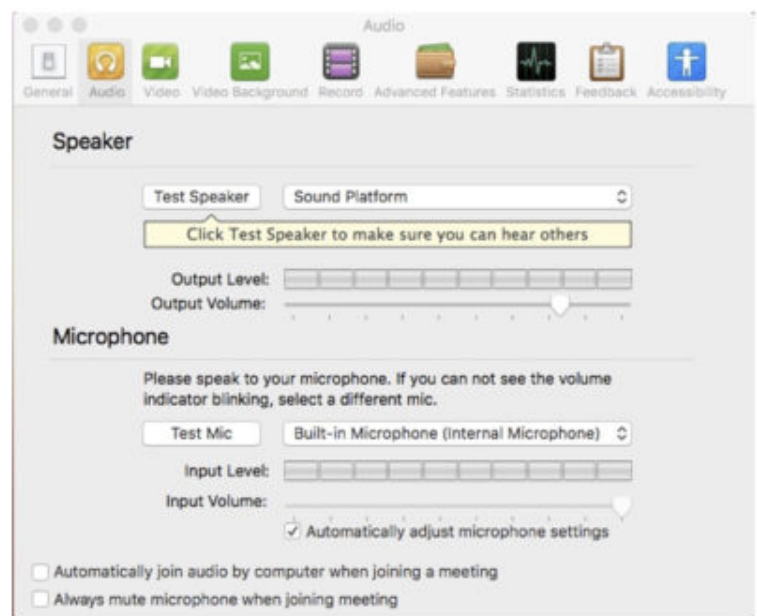
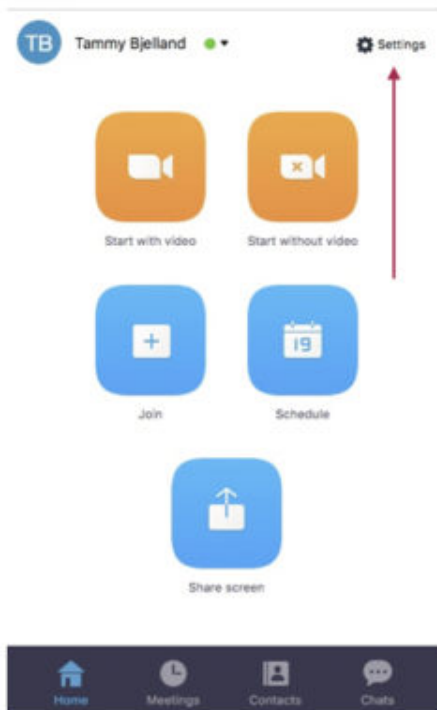


The screenshot shows the Zoom Download Center page. The address bar displays "https://zoom.us/download". The navigation bar includes "CONTACT SALES", "PLANS & PRICING", "SALES", "SCHEDULE A MEETING", "JOIN A MEETING", and "HOST A MEETING". The main heading is "Download Center" with a link for "Download for IT Admin". Below this, there are two sections for downloading Zoom clients. The first section is "Zoom Client for Meetings", with a description: "The web browser client will download automatically when you start or join your first Zoom meeting, and is also available for manual download here." Below this is a blue "Download" button and the version number "Version 4.0.25926.0306". The second section is "Zoom Plug-in for Microsoft Outlook", with a description: "The Zoom Plug-in for Outlook installs a button on the Microsoft Outlook tool bar to enable you to start or schedule a meeting with one-click." Below this is a blue "Download" button and the version number "Version 4.0.28529.0330".

1.3. Open Zoom and select “Sign in”



1.4. Set your audio and video settings

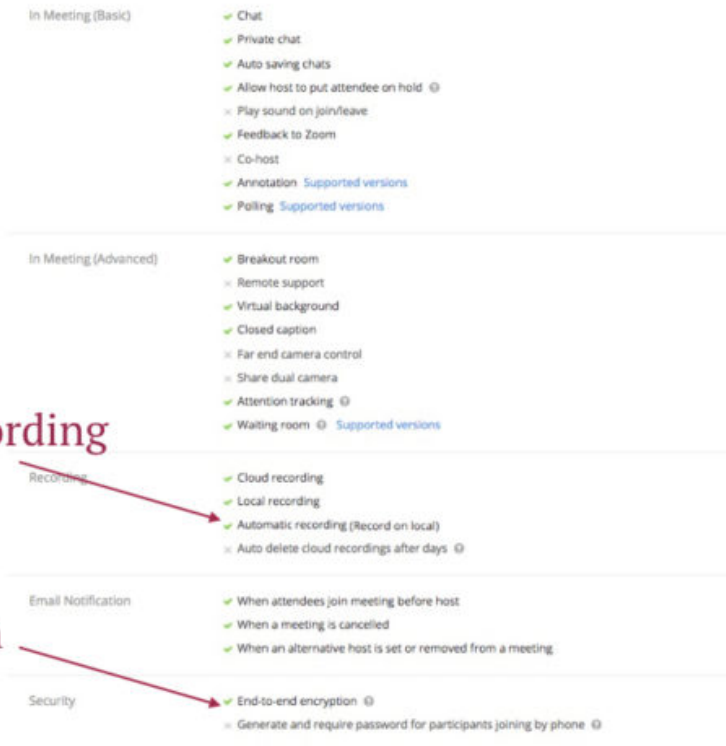


1.5. Review and edit profile settings

<https://zoom.us/profile/setting>

Automatic recording

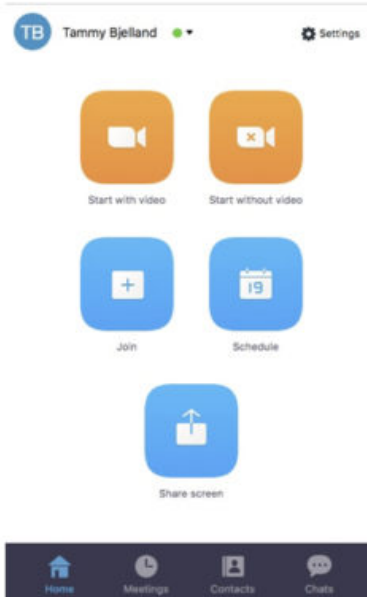
Encryption



The screenshot shows the Zoom profile settings page with several sections. A red arrow points from the text 'Automatic recording' to the 'Recording' section, which includes options for 'Cloud recording', 'Local recording', 'Automatic recording (Record on local)', and 'Auto delete cloud recordings after days'. Another red arrow points from the text 'Encryption' to the 'Security' section, which includes 'End-to-end encryption' and 'Generate and require password for participants joining by phone'. A small 'B' logo is visible to the left of the 'Encryption' text.

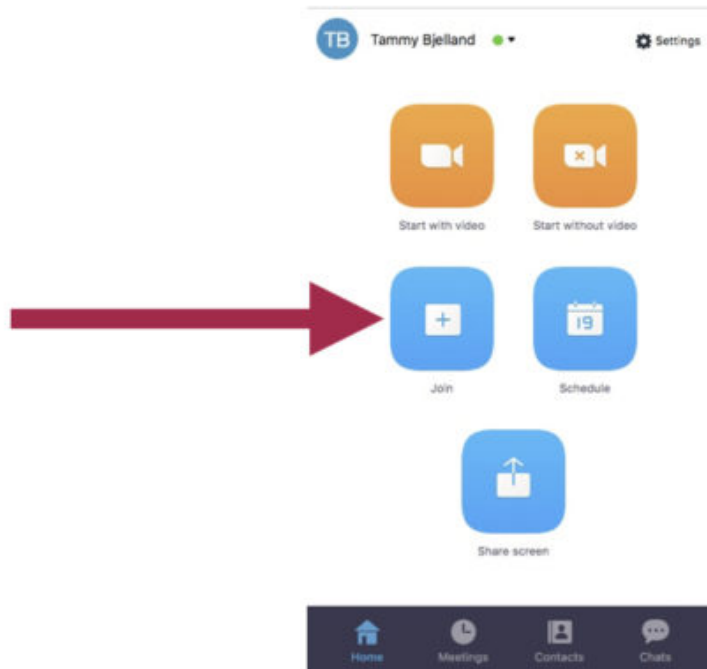
- In Meeting (Basic)**
 - ✓ Chat
 - ✓ Private chat
 - ✓ Auto saving chats
 - ✓ Allow host to put attendee on hold
 - ✗ Play sound on join/leave
 - ✓ Feedback to Zoom
 - ✗ Co-host
 - ✓ Annotation [Supported versions](#)
 - ✓ Polling [Supported versions](#)
- In Meeting (Advanced)**
 - ✓ Breakout room
 - ✗ Remote support
 - ✓ Virtual background
 - ✓ Closed caption
 - ✗ Far end camera control
 - ✗ Share dual camera
 - ✓ Attention tracking
 - ✓ Waiting room [Supported versions](#)
- Recording**
 - ✓ Cloud recording
 - ✓ Local recording
 - ✓ Automatic recording (Record on local)
 - ✗ Auto delete cloud recordings after days
- Email Notification**
 - ✓ When attendees join meeting before host
 - ✓ When a meeting is cancelled
 - ✓ When an alternative host is set or removed from a meeting
- Security**
 - ✓ End-to-end encryption
 - ✗ Generate and require password for participants joining by phone

2.1. Open Zoom

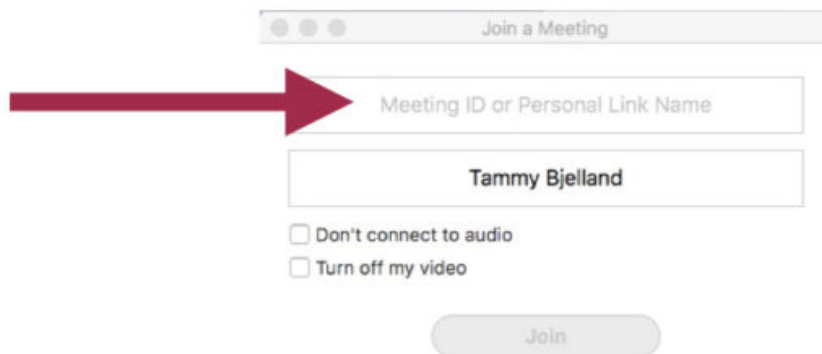


The screenshot shows the Zoom mobile app home screen. At the top, there is a user profile for 'TB Tammy Bjelland' and a 'Settings' icon. Below this are five main action buttons: 'Start with video', 'Start without video', 'Join', 'Schedule', and 'Share screen'. At the bottom, there is a navigation bar with icons for 'Home', 'Meetings', 'Contacts', and 'Chats'.

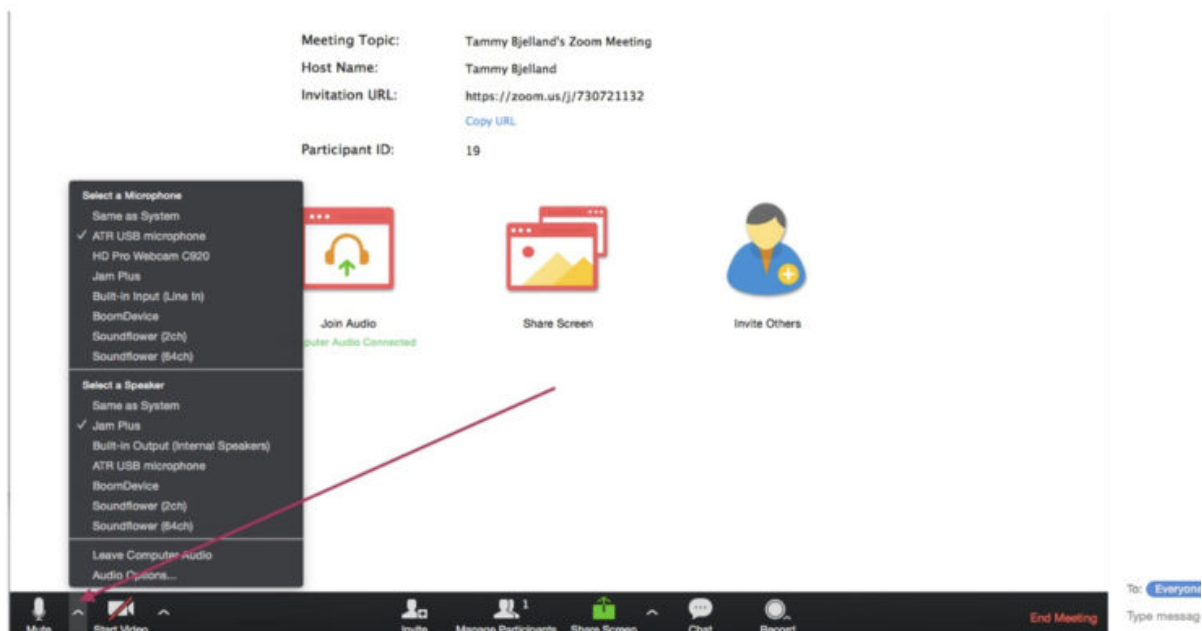
2.2. Select “Join”



2.3. Enter Meeting ID



2.4. Double check audio and video



Please reach out to us if you need more assistance. We are more than happy to walk you through the process if you need help!

Email or text:

randi@sweatcampfitness.com or [858-663-5112](tel:858-663-5112)

Thanks,
Randi Burke

WE GOT THIS!

