

# Fitness Community Standards for Behavior

Dear [Community Member's Name],

Welcome to our fitness community! We are excited to have you as a part of our group. To ensure a positive and supportive environment for everyone, we have established the following standards for behavior:

## 1. Respect

Always treat others with kindness and respect. Discrimination or harassment of any kind will not be tolerated.

## 2. Support

Encourage fellow community members on their fitness journeys. Celebrate successes and provide constructive feedback.

## 3. Integrity

Be honest about your own fitness level and goals. Share genuine experiences to inspire others.

## 4. Commitment

Participate actively in community activities and uphold the standards we set for a healthy environment.

## 5. Safety

Prioritize safety in all physical activities and respect others' personal space.

By adhering to these standards, we can create a thriving community that fosters personal growth and collective success. Thank you for being a part of our fitness family!

Warm Regards,  
[Your Name]  
[Your Title/Position]  
[Fitness Community Name]