



6/28/2020

To my dear TNT family:

We are facing ongoing unprecedented times. Some of you are following the news, media and updates very closely and others have chosen to avoid as much news as possible. As a business owner and leader/expert in the wellness industry, I have an obligation to stay informed and do the best job I can to guide you through these times. I take this role and responsibility very seriously.

As many of you know, I have multiple family members in the medical field. Not only am I reading and following the reported statistics, I am blessed to have an “inside” report from those on the front lines fighting this fight. Based on the current reported rise in numbers of those with positive COVID 19 results and the number of hospital admissions, affecting all ages, combined with the desire to be able to keep TNT doors open to support the immune systems and health of our community, here are some updates:

1. Our team will be wearing masks.
2. We request that you too wear a mask or face covering when entering TNT. We will not be able to provide masks or face coverings for you so please have one with you.
3. We will be checking our team member’s temperature and yours upon arriving to TNT. We ask you to check your temperature before leaving home and if it is elevated, stay home. We can ship products to you, set up all visits by zoom and classes can be done by webinar.
4. There are questions you will be asked when arriving to TNT for an appointment or class. Although it may appear very redundant and unnecessary, again, TNT (we) have a requirement to prove that we have followed the recommendations to reduce spread. This is not a position of agreeing or not, but rather a necessary guideline we will follow to reduce our risk of being closed down and placed on quarantine.

Additional efforts to promote reduced spread and clinic activities:

1. Upon entering the clinic, please wash your hands OR we will have hand sanitizer dispensers for you to cleanse your hands. Remember that these hand sanitizers do contain alcohol and are very drying. Washing hands is always best.
2. We will continue curb side delivery of supplements. We ask that you please send your order to orders@tntfit4life.com and let us know when you will be coming to pick them up. When arriving, call us to let us know you are outside. Our team member will bring them out to you.
3. Classes will continue. LIVE and webinar. Live classes will be limited to 6 ONLY. Make sure to sign up early and show up. If your schedule changes not allowing you to attend,

call MORE THAN 24 hours in advance. We keep a “waiting list” and call those who wish to be in the class as soon as we receive a cancellation. Be responsible so others can enjoy.

4. Infra-red sauna is open. The heat is incredible for the virus. We keep it on between clients for a reason and the room is ventilated well. The room is also self-contained.
**Please bring your own shampoo and body soap.
5. We will continue to draw labs and do diagnostic testing in the clinic with the precautions stated. It is important that we not ignore the value of this testing. These should not be considered unnecessary. In fact they are more important than ever. The relationship between diabetes, insulin resistance, inflammation and COVID 19 is significant.
6. We have a “deep clean” done every weekend on our practice by an independent cleaning crew.
7. All Nutritional and Therapeutic services will continue as they have. However, if you feel you do not want to come to the office for a service that is scheduled in person, please notify us as soon as possible to change those visits that can be changed to Tele Medicine (zoom) OR Reschedule those that can only be conducted in person

Regarding masks, we all know the “great debate” about masks and we all have our opinions. There are a lot of questions around mask wearing- should you wear them, should you not, what kind, do they really protect, how and when do and should I wear them, and what risks are presented with wearing them vs not and more. Many of you have asked me to answer these difficult questions and give you some guidance. As I have said in the past, I **do not** personally support **mandatory** regulations for mask wearing as I believe that we should have the right to make the best choice (responsibly) for ourselves. Additionally, I do not wish to debate whether wearing face coverings or masks are a right choice or a wrong choice for you, the decision for my team to wear them are based on what I know and I am seeing currently. What I know is that if someone comes in to TNT that tests (+) for COVID, and we are not following the recommended CDC guidelines, the health department can mandatorily shut down our business. It is imperative that we take the necessary actions recommended to show our responsibility to protect. They have already expressed this authority and carried it out in other businesses.

I implore each of you to understand the risk vs benefit ratio for yourselves and your community. If you have individual questions regarding this choice for yourself, set up a time for us to discuss those.

We are trying our very best to keep a “business as usual” feel while providing a safe environment for our team and our clients. We ask you for your patience and understanding during this time and to stay connected for all our updates. If this letter prompts additional questions or requires any clarification, please reach out to info@tntfit4life.com so that we can get them answered for you.

Thank you for the ongoing privilege of caring for you. We consider it an honor to serve and respect the position that we are in as one of your “trusted advisors”. From all of us here at TNT, stay safe, connected and proactive about your health and immune system. We care deeply for each of you!

Yours in health,
Lori