

**How to keep fit in the shadow of a pandemic Corona could be here for a long time. What can we do to encourage people to return to exercise facilities?**

**The coronavirus pandemic could give squash its moment of fame**

The coronavirus pandemic has left its impact on every aspect of our lives. After experiencing lockdowns that cut us off from the outside world and seeing the way that nature responded without the burden of people driving, running factories, and producing harmful chemicals, many people around the world feel a stronger desire to connect to nature and the outdoors environment.

On top of that, lockdowns left many of us unfit, out of shape, and desperate for safe ways to exercise. We all want to get back to our workouts, but gyms can be hotbeds of infection, thanks to the risks of shared showers, shared equipment, and the increased aerosol production when you’re exercising hard.

All together, these trends are pushing people to get their exercise in different ways. They are more eager to workout outdoors, try a new type of exercise regimen, and find ways to connect safely with others while increasing their health and wellbeing. There’s a desire to find ways to exercise that feel more natural and attuned to the rhythm of the world, instead of cutting yourself off from the outdoors in an artificially-lit windowless gym. People want to see natural light and feel part of the larger world around them.

**An intense workout without the risk of infection**

It’s the perfect moment for squash to gain more devotees. Squash is a fast-paced game that demands stamina, leg and arm strength, and core muscles strength, as well as providing an effective cardio workout. An hour of squash can provide all the health and exercise benefits of an intense cardio class, toning class, and resistance training rolled into one, but without sharing a room with dozens of other people.

There’s no need to share equipment when you play squash. It’s easy for squash court owners to schedule breaks between sessions to carry out effective deep cleaning, and the cleaning is faster and easier in an empty squash court that has no fixed equipment or loose items that slow you down. This helps ease any fears about infection. With only two people playing at one time, there’s a lower risk of spreading germs.

**Social contact on your terms**

Squash offers the perfect balance between the desire for human contact and the concern about avoiding crowds. Because it’s played in pairs, you’ll have someone with you for company and conversation, unlike jogging or working out at home alone, which are both entirely solitary.

However, you don’t have to connect with dozens of individuals whom you don’t really know and can’t be sure about how carefully they are protecting themselves against infection.

Players can even establish regular pairs who always play together and function as a “bubble” in terms of shielding from viral infection.



**Modular “squash pods” immerse you in nature**

Our modular squash court units can be situated out in hotel, gym, or college grounds, allowing a closer connection with the outdoors, and we design them carefully to complement the natural environment. With all-glass walls, it’s the closest you can come to exercising outside without exposing yourself to the cold, heat, wind, or rain.

There’s no need to enter a building, share changing rooms or showers, or share space with a lot of other exercisers, because our squash courts stand alone. Automated scheduling and payment processes cut down the need for human interaction, so squash players can simply arrive at the court, enter a code or swipe for entry, play together, and leave again without having had to navigate a crowded building.

**The right time to bring back squash**

The coronavirus pandemic upended everybody’s lives and shook up all our norms and routines. At a time when everything is changing, people are more open to trying alternatives to their exercise workout. Squash may have been overlooked recently, but this could be its big chance to regain popularity and become part of more regular exercise regimens. Maybe it’s time to bring back squash.