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20 Surprising Ways to Prevent Colds and Flu

Wipe out

"Gyms are crawling with sweaty towels, dirty sneakers and other germ-y grossness. Instead of sitting directly on a mat or bench, I'll place a clean towel on it first. Any equipment that I have to touch—like free weights or bicycle handlebars— I'll clean first with antibacterial wipes."

—Franci Cohen, group-exercise instructor and owner of Fuel Fitness, in Brooklyn, N.Y.