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Indoor air quality in health clubs: Impact of occupancy and type of performed activities on exposure levels

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Highlights

- Indoor air quality of four health clubs (HC) was assessed.
- In all HC TVOCs exceeded legislative limits even when empty, thus indicative of risks.
- PM₁ and PM₄ levels were twice higher in HC with natural ventilations.
- CO₂ and relative humidity were well correlated with indoor occupancy.
- Cardio activities caused ~2 higher inhalation doses, being 20% higher for females.

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