

Dear Fanged and Frantic,

Gym class can be rough, and not just for us cryptids! Many humans also suffer from fears about exposing their entire bodies. If you want to be on the cautious side, you can try changing in the bathroom stalls or in the showers. If not, intricate scars and fancy jewelry won't be too far out of place for a human. In fact, the other students may help you to learn to love the immortal skin you're in. As for the heart rate monitors, they are hardly the best measure of physical fitness. If you are truly scared, go to your local cryptomedical professional and request a form for heart irregularities as excuse from specifically using the heart rate cuffs. I'm sure that your medical professional will understand discretion with your particular circumstance. As for swimsuit, most schools allow, and even require, that people wear t-shirts over their swimsuits for class. For minimal exposure, pick a brighter or darker color, such as red, black, or cobalt blue. As opposed to lighter colors, they'll become less transparent in water. I hope you enjoy back to school, and I hope you can find gym at least a little more bearable with these tips and tricks!

All the best,

Gossip Zombie