

# Fitness Matters

Health Promotion for Faculty and Staff  
1179 Leon Levine Hall of Health Sciences  
(828)-262-6314  
healthpromotion.appstate.edu



# April

## Important Dates:

### CLOSED

Monday, April 22

### Reduced Hours:

Tuesday, April 23  
8:00a.m. – 5:00p.m.

Resume regular hours and operation on  
Wednesday, April 24

## Upcoming Events:

### Blood Screening

Thursday, April 18 | 7:15a.m. - 8:15a.m.  
Interprofessional Clinic, LLHS 132

### CPR/AED Training

Friday, April 19 | 8:00a.m. - 12:00p.m.  
LLHS Rm. 340

### Blood Drive

Friday, April 26 | 10a.m. - 2:15p.m.  
Linville Falls Room, PSU

Please call our office to schedule  
appointments for these events.



Join Health Promotion's Google Group and  
our Facebook Page to stay up to date on  
everything HPFS!

## 8 Heart-Healthy Outdoor Activities to try this Spring

1. **Take up a sport:** Anything from a basic horseshoe toss to learning to golf can count as helpful exercise
2. **Swim:** Visit your local outdoor pool or nearing indoor pool
3. **Play with your kids:** Shoot hoops with your children, play tag, visit the park or have a water balloon fight
4. **Garden:** Pull weeds, kneel to tend to flowers, mowing the lawn, etc.
5. **Bike:** Planning an afternoon outing for a bike ride can be so easy! Be sure to choose a route that matches your skill level!
6. **Dance:** Attend an outdoor concert, dance event or family wedding!
7. **Hike:** Perfect for Boone! Don't forget to choose a route that matches your skillset!
8. **Spring clean:** You can break a sweat by taking a day to clean around your house, garage, yard, etc.

All Information credited to: <https://kutv.com>

## Tom Moore Memorial 5K

Saturday, April 13

Leon Levine Hall

Appalachian State University



8 A.M. REGISTRATION | 9 A.M. START  
ONLINE REGISTRATION: [hdsa.org/thwboone](https://hdsa.org/thwboone)