

# Fitness Matters

Health Promotion for Faculty and Staff  
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## December 2018

### HP Lab Winter Holiday Hours:

**Dec. 10 – Dec. 14**

Monday–Thursday: 8am - 5pm  
Friday: 8am - 3pm

**Dec. 17 – Dec. 21**

Monday–Friday: 10am - 2pm

**Dec. 24 – Jan. 2**

CLOSED for University Break!

Group exercise classes will resume  
January 14.

**Happy Holidays from Health  
Promotion for Faculty and  
Staff!**

## Stay Healthy: 6 Tips to Avoid a Cold and the Flu

- 1. Get a flu shot:** The number one thing you can do to prevent the flu!
- 2. Wash your hands:** A LOT! No matter what line of work you're in, if you come in contact with contagious people, you should wash your hands!
- 3. Use at least 60 % concentrated alcohol hand sanitizer:** If you can't get to soap and water, hand sanitizer minimizes the spread of cold and flu germs.
- 4. Avoid getting close to people who are sick:** For example, don't shake hands.
- 5. Keep your surroundings clean:** Sanitize doorknobs, light switches, or things in general, that everyone touches.
- 6. Keep up a healthy lifestyle:** It's important to look after your own health. To keep your immune system functioning, engaging in exercise, a healthy diet and avoiding smoking are good steps to take.

All info credited to: <https://www.webmd.com/cold-and-flu/features/avoid-cold-flu#1>



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