

Fitness Matters

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



February 2019

Important Dates:

Blood Screening:

Wednesday, February 13
Interprofessional Clinic, LLHS
7:15AM – 8:15A

Blood Drive:

Friday, February 15
Linville Falls Room, PSU
10:00AM – 2:30PM

Spring Hours of Operation

Monday – Thursday: 7:30AM – 6:00PM
Friday: 7:30AM – 3:00PM

American Heart Month

Practice Some Heart Healthy Habits:

- 1. Avoid smoking and use of tobacco products:** Using ANY tobacco product damages nearly EVERY organ in your body and can cause heart disease and cancer.
 - 2. Be physically active to the best of your abilities:** Regular physical activity keeps your heart healthy and strong and it helps you build healthy muscles, bones and joints.
 - 3. Eat a heart healthy diet:** Eating healthy foods is one of the most important ways to keep your heart working at its best.
 - 4. Maintain a Healthy Weight:** Keeping a healthy weight is best achieved over time and with a decision to keep yourself healthy.
 - 5. Keep track of your blood pressure:** People with high blood pressure are more likely to have a heart attack or stroke than people with normal blood pressure.
 - 6. Try to maintain an overall healthy cholesterol level:** High cholesterol leads to many health issues in life, keeping it at a healthy level can help prevent a lot of possible heart conditions.
- All information credited to: www.heart.org

Hello February



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NATIONAL
HEART
MONTH