

# HEALTH PROMOTION FOR FACULTY AND STAFF



## TABLE OF CONTENTS

### REOPENING PLANS

### HOW TO REGISTER FOR VARSITY GYM TIME

### UPCOMING EVENTS

- **NUTRITION COUNSELING**
- **THE BENEFITS OF EXERCISE ON MENTAL HEALTH WORKSHOP**
- **BLOOD DRIVE**

## Reopening plans

After several months of being closed, Health Promotion for Faculty and Staff (HPFS) is excited to announce the reopening of the Varsity Gym facility on Monday, September 21st. With reduced capacity requirements and COVID precautions in place, HPFS will require pre-registration to allow 10 participants per hour. We will be closing every 2 hours for 30 minutes to deep clean. We hope this will give our participants the opportunity to access the facility and continue towards their wellness goals. Please visit our website to learn more about participant expectations (social distancing, Daily Health Check passport, wearing a mask, etc.).

## How to Register to use the GYM?

1. Each Friday at 12 pm, our Varsity Gym Registration Google Form will open to allow people to register for the following week. *Registration will stay open for the entire week.*
2. This is required for participation.
3. Follow this link to our registration page.





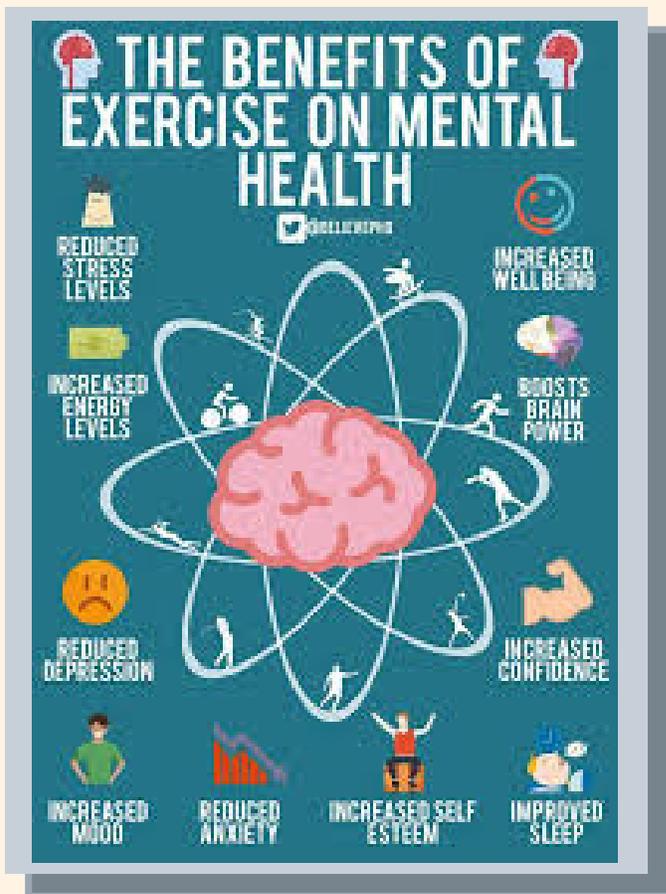
## **HPFS and Nutrition 4000 Nutrition Counseling class combine forces for student development.**

For the second year in a row, Health Promotion for Faculty and Staff's participants will be offered nutrition counseling by the students in Laurel Wentz's Nutrition Counseling course. Last year, the students expressed great appreciation for the opportunity to test their skills and learn from hands on experience.

This year, the following topics will be offered:

- General healthy eating
- Healthy eating on a budget
- Weight management
- Meal planning/new recipes
- Plant-based diets
- Nutrition to support exercise
- Nutrition and stress management
- Dietary restrictions (gluten, dairy, etc.)

If you would like to participate, please follow this link to complete a Google Form. Each participant will be offered 2 one hour Zoom meetings with their student between October 1st and October 31st, 2020.



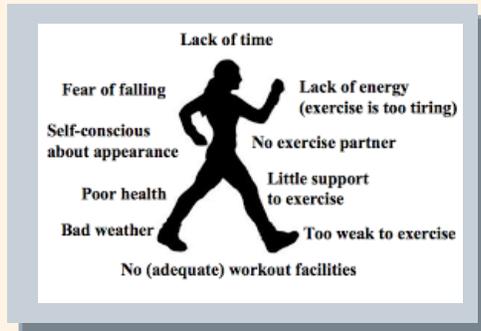
**Counseling for Faculty and Staff and HPFS are offering a workshop on Wednesday, September 24th at 12:00 on the Mental Health benefits of Exercise.**

This one-hour workshop will explore the benefits of exercise for mental health. Through a panel presentation we will discuss why exercise is helpful for mental health, why it can be difficult, and how to get started (or keep going)

**Topics to be presented include:**



Learn why and how exercise is beneficial for mental health



Learn how to address barriers to exercising

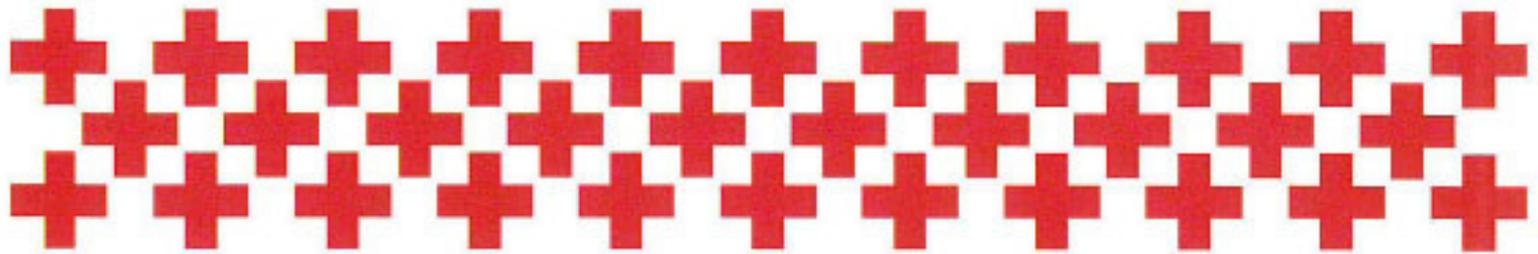


Receive a practical guide to becoming more active

**To Register, click here**

**American Red Cross**

*Give blood.* Help save lives.



**Blood Drive**  
**Appalachian State University**  
**Faculty and Staff**

American Red Cross Bus  
Varsity Gym - Rivers Street  
Boone, NC 28608

**Friday, October 16, 2020**  
**10:00 a.m. to 2:30 p.m.**

To schedule a appointment go to [redcrossblood.org](http://redcrossblood.org) and enter sponsor code: ASU.



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Scan to schedule  
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