

FITNESS MATTERS

Health Promotion for Faculty and Staff
530 Rivers St, 12 Varsity Gym
(828)-262-6314
Healthpromotion.appstate.edu



JULY 2018

Summer Hours

Monday-Thursday 7am-6pm
Fridays: 7am-3pm

UPCOMING EVENTS

Wednesday, July 4
CLOSED

Blood Screenings

Wednesday, July 18
7:15 - 8:15 AM
Appointment required.
Call (828)-262-6314

[Summer II
Group Exercise Schedule](#)



July is National Parks and Recreation Month

8 ways parks contribute to your mental and physical health:

1. The more Parks in a community, the more people exercise.
2. The more aesthetically pleasing the more people will exercise.
3. Parks save money.
4. People who live closer to parks exercise more.
5. People who live closer to parks have better mental health whether they exercise or not.
6. Those who offer team sports and exercise classes are more likely to use them.
7. If you install high-quality equipment, those who use it will get more fit but those who don't get more inspired because it's there.
8. The more parks in the community the more people exercise.

Source: <http://www.americanfitnessindex.org/july-national-park-recreation-month/>



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