

Fitness Matters

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



Important Dates:

Week of July 4 Hours

Mon-Wed: 8:00 am – 5:00 pm

Thursday July 4: CLOSED

Friday: 8:00 am – 3:00 pm

(No group exercise classes or personal training.)

Summer Hours

Mon-Thurs: 8:00 am – 6:00 pm

Friday: 8:00 am – 3:00 pm

Upcoming Events:

Blood Screening

Wednesday, July 17

Interprofessional Clinic, LLH

Please call our office to schedule an appointment.

7 Reasons Wearing Sunscreen is Important this Summer:

1. It decreases your risk of developing deadly cancer.

Using sunscreen daily, even when it is cloudy or raining, dramatically decreases your risk of developing skin cancer.

2. It keeps you looking young.

Did you know the number-one cause of premature aging of the face is ultraviolet exposure? Sunscreen slows down development of wrinkles.

3. Sunscreen keeps your skin tone even.

Sunscreen prevents facial brown spots and skin discolorations

4. The ozone layer is depleting.

The ozone acts as a sun shield for the earth by absorbing harmful UVB rays before they reach the ground. As the ozone layer depletes, your body needs added protection from these harmful rays.

5. Wearing sunscreen sets an example for your kids.

Help protect them, and yourself, by making sun safety a priority.

6. Sunscreen is important for all skin types.

Even if you don't burn easily, wearing sunscreen is still important. Sunburn itself is an immediate reaction, but sun damage occurs over a lifetime.

7. Sunscreen is more convenient than ever.

Applying sunscreen nowadays is insanely convenient! Just be sure to reapply every TWO hours and after swimming,

All info credited to: www.unitypoint.org/



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