

March



Fitness Matters

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



National Nutrition Month

"EAT RIGHT - BITE BY BITE"

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we encourage everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

Good nutrition doesn't have to be restrictive or overwhelming. Every little bit (or bite!) of nutrition is a step in the right direction.

Some small goals and changes that we will be focusing on each week that can have a cumulative healthful effect:

- **Week 1 - Vary your Diet:**
 - Eat a variety of nutritious foods every day
- **Week 2 - Meal Planning:**
 - Enjoy healthful eating at school, work & home!
- **Week 3 - Cook & Prep:**
 - Learn skills to create tasty meals to share and enjoy.
- **Week 4 - Visit an RDN, combine exercise in your daily goals!**

See a registered dietitian nutritionist, go for a walk, run, swim, ride!

Information Credited to:

<https://www.eatright.org/food/resources/national-nutrition-month>

**Want to share your healthy meal ideas with Health Promotion?
Post a photo of your healthy plate to our Facebook page!
facebook.com/AppStateHealthPromotionforFacultyandStaff**

STAY CONNECTED THROUGH:

google group & facebook



Important Dates

**Spring Break Hours: Both Locations
No Exercise Classes/
Personal Training**



March 9th - 13th

Mon-Thurs 8:00AM - 5:00PM

Friday: 8:00AM - 3:00PM



Blood Screenings

Tuesday, March 3
7:15 AM - 8:15 AM

Mobile Mammograms

Monday, April 6
10:00AM - 4:00PM

Tuesday April 7
8:30AM - 4:00PM



Blood Drive

Friday, April 24
10:00 AM - 2:30 PM

Community Supported Agriculture

HIGH COUNTRY

CSA Fair

March 26, 4-6 pm

Leon Levine Hall of Health Science, 1179 State Farm Rd.
Appalachian State University, Boone, NC