

Fitness Matters

Health Promotion for Faculty and Staff
530 Rivers St, 12 Varsity Gym
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healthpromotion.appstate.edu



May 2018

Health Promotion
Maintenance Work



Friday, May 4 – Friday, May 18

Our apologies for any inconveniences you all may experience as a result of painting that is scheduled to happen in Health Promotion.

Tentatively, HP is scheduled to re-open on Monday, May 21 at 8:00 am.

THANK YOU all for your cooperation!

Important Dates:

Memorial Day:
Monday, May 28: **CLOSED**

Summer Hours Starting May 29:
Monday – Thursday: 7am – 6pm
Fridays: 7am – 3pm



10 Best Indoor At Home Exercises & Workouts Without Equipment:

1. Jump Roping: Great for a quick cardio workout!
2. Stair Stepping: Low intensity exercise that keeps you moving at your own pace.
3. The Plank: Not the easiest exercise, but is a quick and efficient workout for your core!
4. Dancing: Burns calories while also having fun!
5. Lunges: Quick and intense workout for your legs.
6. Cleaning: Often, our best workouts are the ones we didn't even know we had.
7. Water Bottle Weights: Great for a quick arm, shoulder or back workout when you don't have access to weights!
8. High Knees: Work these into your daily jog to burn more calories get more cardio done.
9. Jumping Jacks: Great for a quick cardio workout!
10. Youtube Workouts: Choose from a wide variety of options to change up your workout routine.

Source: www.moneycrashers.com



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