Fitness Matters

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



Hello May

Interim Hours of Operation:

May 6 - May 24

Monday – Thursday: 8 am – 5 pm Friday: 8 am – 3 pm

> No Group Exercise Classes or Personal Training May 13 – 17.

CLOSED for a University Holiday Monday, May 27

Summer Hours of Operation Begin Tuesday, May 28.

M - R: 8 am - 6 pm Friday: 8 am - 3 pm

Upcoming Events:

Blood Screening

Wednesday, May 8 Interprofessional Clinic, LLHS

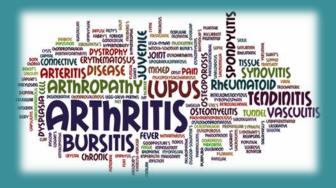
Blood Drive

Friday, June 21 Linville Falls Room, PSU

Please call our office to schedule appointments for these events.

May 2019 - National Arthritis Awareness Month

While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they have osteoarthritis. In fact, exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis



Exercises best for Osteoarthritis: Range of motion/flexibility exercises, Aerobic/endurance exercises, Strengthening exercises, Walking, and Aquatic exercises

All information credited to: https://www.arthritis.org





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