

# 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>



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