

Fitness Matters

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



November 2018

Important Dates:

Blood Screening:

Wednesday, November 14

Closed for Holiday:

Thursday, November 22

Friday, November 23

*Lab Hours for Wednesday, November 21:
8:00 am – 5:00 pm

Please give us a call if you have any questions
or to schedule appointments.

Black Saturday 5K

Saturday, November 17

Early Registration:

Students: \$15 Community: \$20

Late Registration:

Students: \$25 Public: \$25

Please register online at:

<https://5k.appstate.edu/races/black-saturday-5k-2018>



Exercise Is Medicine

Physical inactivity is a fast growing public health problem and contributes to a variety of chronic diseases and health complications including obesity, diabetes & cancer.

Right now, especially in the US, we are facing an “inactivity epidemic.” Health Promotion would like to encourage everyone to exercise regularly, not for vanity, but as your body’s form of medicine!

There are so many benefits to regular physical activity (150 mins/week). It lowers your risk of many possible diseases, makes your life expectancy longer, and all around makes you feel better!

Here at HP, we encourage you to exercise safely and within your body’s limits!

Happy exercising, FRIENDS!

All info credited to: www.exerciseismedicine.org/



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