

Fitness Matters

September 2018

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



Important Dates:

Blood Screening

Wednesday, September 19
7:15 a.m. – 8:15 a.m.

FREE Hepatitis C Screening

Friday, September 21
8:00 a.m. – 11 a.m.

To make an appointment,
or for more details,
call ext. 6314.

Fruits & Veggies - More Matters!

The Facts:

- More than 90% of both adults & children do not eat the amount of fruits & vegetables recommended by the latest Dietary Guidelines for Americans & MyPlate nutrition guide.
- Remember, you can easily get the recommended amount by:
 - Filling half your plate with fruits & veggies at every meal
 - And remembering that fresh, frozen, canned & 100% juices ALL count toward your daily intake!

Information credited to:

<https://www.fruitsandveggiesmorematters.org/>



Join Health Promotion's Google Group and Facebook page to stay up to date on all the exciting programs and activities Health Promotion offers.

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