Fitness Matters

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

healthpromotion.appstate.edu





Important Dates:

Fall Hours

Mon-Thurs: 8:00 am - 7:00 pm Friday: 8:00 am - 3:00 pm

CLOSED: SEPT 2

For University Holiday

Upcoming Events:

Blood Screening

Interprofessional Clinic, LLH Wednesday September 25 7:15 am – 8:15am

Blood Drive:

Student Union, Linville Falls Rm Friday, September 6 10:00 am – 2:00pm

Please call our office to schedule an appointment for these events.



Cholesterol Education Month

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. A simple blood test can be done to check and see if your cholesterol is too high. High cholesterol can be controlled through lifestyle changes, or if that is not enough, through medications

The National Cholesterol Education program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Participate in Health Promotion's next Blood Screening! Check out our website for more info:

https://healthpromotion.appstate.edu/screenings

All info credited to: https://www.cdc.gov





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

HEALTH PROMOTION FOR FACULTY AND STAFF

2019 Fall Exercise Class Schedule August 19th - December 5th 2019







MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Vinyaasa Flow Yoga	Strong Women 7:30 am – 8:15 am Leon Levine Lab Room 340 High Intensity Interval Training	Vinyaasa Flow Yoga	Strong Women 7:30 am – 8:15 am Leon Levine Lab Room 340 High Intensity Interval Training
(Levels I & II) 11:30 am – 12:30 pm Mt.Mitchell Starts Wed 8/20	(H.I.I.T.) 11:15 am – 12:15 pm Mt.Mitchell	(Levels I & II) 11:30 am – 12:30 pm Mt.Mitchell Starts Wed 8/20	(H.I.I.T.) 11:15 am – 12:15 pm Mt.Mitchell Vinyaasa Flow Yoga (Levels I & II) 1:00 pm – 2:00 pm Leon Levine Hall Room 340
Strong Women 5:30 pm – 6:15 pm Leon Levine Hall Room 340	Pilates 5:45-6:30 pm Leon Levine Hall Room 340	Strong Women 5:30 pm – 6:15 pm Leon Levine Hall Room 340	Pilates 5:45-6:30 pm Leon Levine Hall Room 340

^{**} To participate in Mt.Mitchell classes, you must have a membership (Contact SRC) and have your App Card to enter each day. Lockers are available for daily use. Locks can be checked out at the information desk.

^{**} Leon Levine Hall 1179 State Farm Road (On the corner of State Farm Rd. and Deerfield Rd.) Go to the 3rd floor, turn rt. off elevator, left down hallway and classroom is the first on your right.

^{**}For additional group exercise opportunities, go to fitness.appstate.edu.