

530 Rivers Street
Varsity Gym Room 12
(828) -262- 6314

healthpromotion.appstate.edu

Fitness Matters

April 2017



Upcoming Events

April 13 **Blood Screening**
7:15 am - 8:15 am
12 Varsity Gym

April 21 **Blood Drive**
10:00 am - 2:30 pm
Linville Falls/PSU

April 26 **Blood Screening**
7:15 am - 8:15 am
12 Varsity Gym

Please call 262-6314 to schedule
an appointment.

Facility Closed
Monday, April 17 &
Tuesday, April 18 for
University Holidays

SPRING is here!

The weather is changing, which can only mean one thing; Spring is back in Boone! Here are some general health and fitness tips to make the most of Spring.

- Find a way to stay active every day. It's easier with an activity that you enjoy!
- Stay hydrated. Warmer weather makes it easier to lose fluids, so keep a bottle of water nearby!
- Don't miss out on sleep. A good night's sleep should be a top priority so make sure to get 8 hours of sleep every night!
- Bring a friend! If motivation can be a problem, enlist someone you know to get in shape with you! This will keep you committed and accountable!



Get outside and enjoy the warm weather! Something as simple as going for a walk can go a long way in staying in shape. Health Promotion for Faculty and Staff offers a number of programs and classes to help keep you healthy. Please call 262-6314 with any questions!

