



530 Rivers St  
Varsity Gym  
Room 12

(828)-262-6314

[healthpromotion.appstate.edu](http://healthpromotion.appstate.edu)



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## Blood Screenings

Tuesday, April 5

Wednesday, April 20

Call (828)-262-6314

to make an  
appointment.

## Blood Drive

Friday, April 8

Call (828)-262-6314

to make an  
appointment.

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# Fitness Matters

## April 2016

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### 11<sup>th</sup> Annual Tom Moore 5k Run/Walk for Huntington's Disease

Saturday, April 9, 2016

9:00 am RAIN or SHINE

Appalachian State University-  
Holmes Convocation Center  
(NEW LOCATION)

\$15 for Students/Seniors/Military on or before April 6

\$20 for General Public on or before April 6

\$25 day of the event

For more details, visit [5k.appstate.edu](http://5k.appstate.edu)

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### Participant of the Month:

**Dr. Amanda Howell**

Dr. Howell has been at Appalachian State University working in the Chemistry department for 6 years. When Dr. Howell is not participating in Health Promotion for Faculty and Staff, she enjoys running, cooking, and spending quality time with her husband and children.

Dr. Howell has been a part of Health Promotion for Faculty and Staff for all 6 of her years here at Appalachian. She has been utilizing our Zumba, Spin, and Core Conditioning classes, as well as our Flu vaccine services. The biggest goal she feels she has achieved over the years is truly understanding how important it is to make daily exercise apart of her life. With two young children, a husband, and a full-time job she finds it is sometimes difficult to make time for herself everyday, but by finding that time she feels she is bettering herself as a wife, mother, colleague, and friend to those around her!

Congratulations to Dr. Amanda Howell, and keep up the great work!