

Fitness Matters



Health Promotion For Faculty & Staff

April 2012

Upcoming Events

April 2—April 27

“Become a Healthy, Happy, APPy” incentive campaign

April 3

It’s More than
‘Just Aches and Pains’
Hubbard Center
Room 1028 Anne Belk Hall
12–12:45 pm*

Holiday Hours

**April 9 and April 10
CLOSED!**

April 21

Tom Moore 5k Walk/Run
Greenway Trail
9:00 am

April 24

Blood Screening
Room 12 Varsity Gym
7:15–9 am*

April 27

CPR/First Aid Class
CPR: 8–11 am*
First Aid: 12–3 pm*
Room 12 Varsity Gym

May 4

Faculty/Staff Blood Drive
Student Union
Linville Falls Room
10 am–2:30 pm*

7th Annual Tom Moore 5k Run/ Walk

The 7th Annual Tom Moore 5k Run/Walk is slated for **Saturday, April 21**. This event will begin and end at the Greenway Trail, with registration from 8 to 8:45 am, and the 5k starting at 9 am. All proceeds will go to support the Huntington’s Disease Society of America (HDSA).

Huntington’s Disease is a fatal progressive degenerative disease for which there is no cure. Tom Moore, a local resident of Boone, has been coping with Huntington’s Disease since 2003. This event was put together to raise awareness of Huntington’s Disease and to raise at least

\$2,500 for research. Come out and support Moore and others who suffer from this terrible disease. For more information, or to register, visit: www.healthpromotion.appstate.edu

Participant of the Month Kevin Patterson

Kevin has been working at Appalachian for one year in the department of Business Systems. He enjoys biking, trail running, astronomy, and learning new things. At Health Promotion, Kevin participates in several classes like Boot Camp, Spin Class, and Abs and Back. From his experience in working out at Health Promotion, it has helped him attain the “physical base” to achieve his goals. During the Summer and Fall of 2011, Kevin ran a full marathon (26.2 miles!), a full iron distance triathlon, and made personal records in several bike rides! **Congratulations, Kevin! Keep up the hard work!!**

*Call 262-6314 to make an appointment.