



FITNESS MATTERS

August 2012

www.healthpromotion.appstate.edu

828-262-6314

This Month at Health Promotion

- **Aug 6—17**
Open 10am to 2pm
No Exercise Classes
- **Aug 20**
Fall hours begin:
7am to 7pm: M—TR
7am to 3pm: F
Fitness classes begin
- **Aug 23**
Blood screening



“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” ~John F. Kennedy

Blood Screening

Health Promotion is offering a blood screening on Thursday, August 23. For a full description of all blood screenings offered, and the cost, please visit our webpage at www.healthpromotion.appstate.edu/screenings

There will be also a \$10 fee to cover phlebotomist and supplies.

Registration is required!
Appointments are available from 7:15 – 8:50am.

For more information and to register, contact Health Promotion at 828-262-6314.

Participant of the Month!!

This month’s participant of the month goes to Sandi Jones. Mrs. Jones has worked in Human Resource Services for the past 15 years. When asked about her hobbies/interests, Mrs. Jones replied, “Photography is my most favorite hobby, as well as reading, sewing, and walking.” Sandi Jones plans on taking one or more of our many great fitness classes in the fall and currently uses the machines in the weight rooms.

When asked what is her most favorite thing about Health Promotion, she said, “I have really enjoyed working with Sherri. She has taken time to show me the machines, make recommendations to meet my exercise goals, and most of all she is very supportive and encouraging!”

When asked have you accomplished any fitness goals or made any achievements over the past few years, Mrs. Jones replied, “Yes, I have made a commitment to be there every day, and I have improved my overall activity level!”