

Health Promotion for Faculty and Staff

530 Rivers Street
Boone, NC 28608
12 Varsity Gym
(828) 262-6314
healthpromotion.appstate.edu

Fitness Matters

December 2015

Blood Screening

Thursday, December 3

7:15am - 8:15am

Call (828) 262-6314 to schedule an appointment



Winter Break Hours

Date	Operating Hours
12/14 - 12/17	8 am - 5pm
12/18	8am - 3pm
12/21 - 12/23	10am - 2pm
12/24 - 1/1	CLOSED
1/4 - 1/7	8am - 5pm
1/8	8am - 3pm
1/11	NORMAL HOURS

**All fitness classes end, for Winter Break, Friday, December 4, and resume Monday, January 11, 2016.*

February 2014



November 2015



Participant of the Month - Adam Warren

Congratulations to our participant of the month, Adam Warren! Adam is an Academic Advisor for Appalachian ACCESS and even attended Appalachian for both his undergraduate and his Master's Degrees. He has been working at ASU since spring of 2015 and started using the Health Promotion for Faculty and Staff facilities in June. With a ton of hard work and commitment, Adam has lost 48 lbs. and is "working to cut that down even further." With a 1 year-old son now in the mix, Adam says his family was a big motivator in his decision to start losing weight because he "wants to be around for a long time." In addition to working out 3-5 days a week, Adam enjoys spending time with his family, hiking, reading, and playing video games.