

# Fitness Matters

Health Promotion for Faculty and Staff  
530 Rivers St, 12 Varsity Gym  
(828)-262-6314  
healthpromotion.appstate.edu



## December 2017

### Holiday Break Hours

December 11 – 14  
8:00 am – 5:00 pm

December 15  
8:00 am – 3:00 pm

December 18 – 22  
10:00 am – 2:00 pm

December 25 – January 1  
CLOSED FOR BREAK



Click [Here](#) to Join Health Promotion's Google Group to stay up to date on everything HPFS!



## 10 Best Indoor At Home Exercises & Workouts Without Equipment:

1. **Jump Roping:** Great for a quick cardio workout!
2. **Stair Stepping:** Low intensity exercise that keeps you moving at your own pace.
3. **The Plank:** Not the easiest exercise, but is a quick and efficient workout for your core!
4. **Dancing:** Burns calories while also having fun!
5. **Lunges:** Quick and intense workout for your legs.
6. **Cleaning:** Often, our best workouts are the ones we didn't even know we had.
7. **Water Bottle Weights:** Great for a quick arm, shoulder or back workout when you don't have access to weights!
8. **High Knees:** Work these into your daily jog to burn more calories get more cardio done.
9. **Jumping Jacks:** Great for a quick cardio workout!
10. **Youtube Workouts:** Choose from a wide variety of options to change up your workout routine.

Source: [www.moneycrashers.com](http://www.moneycrashers.com)

## Health Promotion Food Drive:

November 27 – December 15

Give the gift of giving this year and donate to Health Promotion's Food Drive! All of the food will be given to the Hunger and Health Coalition.

You can find a food drive box in the following locations:

- Broyhil Music Building : Room 111
- Chapell Wilson Hall: Room 110
- Holmes Convocation Center
- Health Promotion for Faculty and Staff



The department who donates the most food will be highlighted in our January Newsletter!