

Fitness Matters

Health Promotion for Faculty and Staff
 healthpromotion.appstate.edu
 12 Varsity Gym
 828-262-6314



Upcoming Events

Blood Screening
 Wednesday, December 7
 7:15 am – 8:30 am
 12 Varsity Gym
 Call 262-6314 to sign up.

Last Day of Group Exercise
 Thursday, December 8

Facility Hours

December 12-15
 8 am – 5 pm

December 16
 8 am – 3 pm

December 19 – 23
 10 am – 2 pm

December 26 - January 2, 2017
 CLOSED for University
 Holiday/Winter Break

Winter Has Arrived!

It's that time of the year in Boone! With cold weather back, it's important to stay warm and stay active!

Here are some tips to help you stay motivated for winter workouts:

- Remind yourself that you'll warm up once you get started.
- If you can, work out mid-day, when it's a little bit warmer.
- Bundle up!
- Safety first! Be aware of your surroundings. Keep an eye out for ice or holes covered by snow to avoid twisted ankles or falls.
- If all else fails, move it indoors. There are plenty of indoor winter workouts that you can do to stay in shape while hiding from the cold rain and snow. Try some of these:
 - Yoga
 - Pilates
 - Free weights

Source: care2.com

January Facility Hours

January 2
 CLOSED for
 University Holiday

January 3 – 5
 8 am – 5 pm

January 6
 8 am – 3 pm

January 9 – 12
 8 am – 5 pm

January 13
 8 am – 3 pm

January 16
 CLOSED for
 University Holiday

January 17
 Resume regular hours
 and
 group exercise classes

M – Th: 7 am – 7 pm
 Fridays: 7 am – 3 pm

