Blood Screening (Appointment Required) *
Dates: Wednesday, February 4 and Wednesday, February 18
Time: 7:15am—8:50am
Location: 12 Varsity Gym
Visit http://healthpromotion.appstate.edu/screenings for complete list of screenings

Faculty/Staff Blood Drive *
Date: Friday, February 6
Time: 10:00am—2:30pm
Location: Student Union; Calloway/McCrae Peak Rooms

CPR/First Aid Class *
Date: Friday, February 13
Time: 8:00am—12:00noon
Location: 12 Varsity Gym
Price: $35.00; payment due by Wednesday, February 11 (cash or check made out to ASU) No refund unless class is cancelled.

* Call Health Promotion at 262-6314 to register or make an appointment

*NEW THIS SEMESTER*
Kettlebell Training
Description: A beginner to intermediate level kettlebell class
Days: Mondays and Wednesdays
Time: 12:00—12:45pm
ZipFit42  
February 16—April 3

How many steps do you think you take on a typical day? Approximately, how many calories do you think you expend per day? Join Taylor Yeaton and Weston Lawrence as they help you answer these questions, while leading you in the ZipFit42 program.

ZipFit42 is a 6-week fitness-goal study using the FitBit Zip™, one of the latest fitness tracking devices currently on the market. The purpose of the study is to better understand how technology influences one’s physical activity, and to gain a better understanding of how incorporating technology into one’s daily life affects his or her overall well-being.

A FitBit Zip™ is a small, clip on pedometer that syncs up with an online application to track number of steps taken, calories burned, and distance traveled in a 24-hour period. Each participant will be provided with a FitBit Zip™, which he/she will be required to wear the duration of the program.

Introductory meetings will be held to inform all participants of the program’s logistics (paperwork, software usage, etc.) and provide each participant a FitBit Zip™. The initial informative meeting is scheduled for Monday, February 16, at 6:15 p.m., and the alternative meeting is set for Wednesday, February 18, at 4:30 p.m. Both meetings are located at Health Promotion for Faculty and Staff, 12 Varsity Gym.

ZipFit42 is an individual program; however, participants are encouraged to workout with friends, as motivation is significant to success! The ZipFit42 is limited to the first 40 who register.

To register, or for more information about ZipFit42, email Taylor at yeatontk@appstate.edu or Weston at lawrencewt@appstate.edu.

Deadline to register for ZipFit42 is Friday, February 13, at 12 noon.