Fitness Matters
Health Promotion For Faculty & Staff

Upcoming Events

May 2
Cholesterol Screening
7:15 – 9 am*

May 4
Faculty and Staff Blood Drive
10 am – 2 pm*

May 7—May 12
SPECIAL HOURS
Monday—Thursday:
8 am – 5 pm:
Friday:
8 am – 3 pm

May 14—May 18
NO Group Exercise Classes
Monday—Friday
10 am – 2 pm

May 21
Summer Session Begins
Group Exercise Classes Start
SUMMER HOURS
Monday—Thursday:
7 am – 6 pm
Friday:
7 am – 3 pm

May 24
Cholesterol Screening
7:15 – 9 am*

*Call 262-6314 to make an appointment.

Faculty and Staff Blood Drive

The Faculty and Staff Blood Drive will take place **Friday, May 4**, from 10 am to 2:30 pm. This blood drive is located on the second floor of the Student Union, in the Linville Falls Room. Come out and help Health Promotion save lives! Appointments are HIGHLY recommended to help alleviate wait time, but walk-ins are accepted. Appointment times are available between 11:30 am and 1:45 pm. Remember to bring your photo ID. Call Health Promotion at 262-6314 to make an appointment.

Donation Day Tips:
- Stay well hydrated
- Eat before donating
- Eat foods rich in Iron
- Get a good night’s rest

Participant of the Month

Pia Albinsson

Pia Albinsson has been working at ASU since the summer of 2009. She works in the Marketing Department in the Walker College of Business. On April 15, Pia gave birth to a healthy baby girl. She is proud to say that up till the week of her daughter’s birth, she was still diligent in her personal training workouts. She has enjoyed having personalized training sessions while working out at Health Promotion, and has participated in the spin class when she can. She enjoys spending time outdoors with family and friends, as well as traveling and experiencing new cultures, foods, and music.

Congratulations, Pia, on the birth of your daughter and your dedication to Health Promotion!!!