

# Fitness Matters



Health Promotion For Faculty & Staff

May 2012

## 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!!!