

Fitness Matters

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



JANUARY 2017

Facility Hours:

Jan. 9-12: 8am-5pm

Jan. 13: 8am-3pm

Jan. 16: Closed for Holiday

Jan. 17: Resume regular hours of operation & group exercise classes begin.

Exercise Schedule

Upcoming Events in February

February 2: Blood Screening

February 10: Blood Drive

February 15: Blood Screening

February 24: CPR/First Aid

Please Call: (828)- 262-6314 to make an appointment for any of these events.



Tips to help you prevent getting the flu or spreading it to others.

- Wash your hands thoroughly and frequently with soap and water or use hand sanitizer with at least 60% alcohol.
- Avoid touching your face.
- Cover your coughs and sneezes with a tissue or use your sleeve.
- Clean frequently touched surfaces with an EPA approved disinfectant labeled as effective against bacteria and viruses.
- Avoid close contact with sick people.
- Get moving. Regular exercise helps strengthen the immune system.
- Stay home if you're sick!
- Drink plenty of fluids.
- Get plenty of sleep.
- If you begin to feel sick while at work, go home ASAP.



For more information, visit: www.cdc.gov/flu