

# FITNESS MATTERS

HEALTH PROMOTION FOR FACULTY AND STAFF  
530 RIVERS ST, 12 VARSITY GYM  
(828) 262-6314  
HEALTHPROMOTION.APPSTATE.EDU



FACILITY OPERATING HOURS:  
MONDAY - THURSDAY: 7AM - 6PM  
FRIDAY: 7AM - 3PM

## JULY 2017

## ANNOUNCEMENTS

### CLOSED ON JULY 4

### CPR/FIRST AID CLASS

FRIDAY, JULY 7  
8:00 AM-12:00 PM  
12 VARSITY GYM  
CALL EXT. 6314 TO REGISTER

### LUNCH AND LEARN

MENTAL HEALTH AND FITNESS  
FRIDAY, JULY 14  
11:30 AM-12:30 PM  
LIBRARY LECTURE HALL 114  
TO REGISTER, EMAIL EMILY  
SHAW AT  
SHAWER@APPSTATE.EDU

### BLOOD SCREENING

TUESDAY, JULY 18  
7:15-8:15 AM  
12 VARSITY GYM  
APPOINTMENT IS REQUIRED.  
CALL EXT. 6314 TO MAKE AN  
APPOINTMENT



## July is UV Safety Month

### WHAT IS UV & WHAT DOES IT DO?

Ultraviolet (UV) rays are mostly emitted by the sun and man-made sources such as tanning lamps, black lights, and welding torches. Many harmful effects can come from UV exposure such as skin cancer, premature aging, cataracts and immune suppression.

### PROTECTING YOURSELF FROM UV DAMAGE

Sun exposure happens almost every day and not just when you are at the lake, beach, or pool. It's important to avoid sun exposure for too long, especially between 10:00 am and 4:00 pm when sun rays are the strongest.

### STEPS FOR PROTECTION:

1. Wear sunscreen - SPF 30 or higher
2. Wear a hat - 2 to 3 inch brim minimum
3. Wear sunglasses that block UV rays - 99-100%
4. Avoid tanning beds and sun lamps
5. Protect skin with clothing

source:

[www.cancer.org/healthy/be-safe-in-sun/html](http://www.cancer.org/healthy/be-safe-in-sun/html)

<https://www.epa.gov/sunsafety/health-effects-uv-radiation-1>

# Participant of the Month

Abby White Gould



Abby White Gould, Administrative Support Specialist for Recreation Management and Physical Education (RMPE), is entering her third year at Appalachian State University. On her first day of employment, Abby made the commitment to make exercise a part of her daily routine by becoming a regular participant of Health Promotion for Faculty and Staff during her lunch break.

Abby feels that one of the advantages to Health Promotion for Faculty and Staff is that it enables her to take care of herself mentally and physically. Abby remains challenged and positively motivated by attending Kickboxing, Indoor Cycling and Kettlebell classes on a weekly basis.

"I did not work out consistently until 5 years ago, when my commitment to a healthy lifestyle began. In the beginning, I could not do 10 pushups in a row, lift more than 10 pounds, or run a mile without stopping. Now I can crush all of that!"- Abby

Abby is currently participating in the Commit To Be Fit program on Team Pink Flamingo. Competition and teamwork are motivating her to push herself to the max. Good luck, Abby, and keep up the good work!