

# FITNESS MATTERS

JUNE 2017

## SUMMER HOURS

Monday - Thursday: 7 am - 6 pm  
Friday: 7 am - 3 pm

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



## MEN'S HEALTH AWARENESS MONTH

**Eat Healthy. Get Moving. Make  
Prevention a Priority.**

1. One in two men is diagnosed with cancer during their lifetime.
2. Women are 100% more likely than men to visit the doctor for annual exams and preventative services.
3. In 2000, at age 65-74, there were fewer than 80 men for every 100 women.

source: <http://www.menshealthmonth.org/wp-content/uploads/2016/04/mens-health-month-flyer-facts-1.pdf>



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## ANNOUNCEMENTS

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### Blood Screening

Wednesday, June 14  
7:15 - 8:15 am  
12 Varsity Gym

Appointment is Required!

Call 262-6314 to schedule an appointment!

### Blood Drive

Friday, June 16  
10 am - 2 pm  
Linville Falls/ PSU

Appointment is Required!

Call 262-6314 to schedule an appointment!

### Lunch and Learn

"Healthy Living to 100"  
Friday, June 23  
11:30 am - 12:30 pm  
Library Lecture Hall, 114  
Email Morgan Ledford at

ledfordme1@appstate.edu to register!

### Employee Fun and Fitness Day

Friday, June 30  
11 am - 2 pm  
Details: TBA

*"Get fit for **life**. Not just for **summer**."*

# Participant Of The Month

## Kara Harmon



Kara is a Student Services Specialist in Admissions. In her 11th year, at Appalachian State University, Kara finds Health Promotion for Faculty and Staff a supportive environment. During her lunch hour, Kara challenges her fitness level with one-on-one training by personal trainer, Parker Grissom, Mondays and Wednesdays, and with group fitness High Intensity Interval Training (H.I.I.T) classes Tuesdays and Thursdays. When asked what her favorite aspect of Health Promotion for Faculty and Staff is, Kara replied, “building friendships with participants from other departments.”

Kara is an inspiration. Over the past three years, Kara lost 80 pounds (15% body fat) by committing to a life-style change of healthy eating and consistent exercising. She commented, “Through many failed diets, pills, weight loss programs, the only way I was able to achieve my weight loss and stay healthy is to exercise daily and eat right.” She added, “I make exercising a part of my daily routine. Some people choose to watch television, I choose the gym.”

We are so proud of Kara. WAY TO GO, KARA!