

Fitness Matters

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



June 2018

Summer Hours

Monday – Thursday
7:00 am – 6:00 pm

Friday
7:00 am – 3:00 pm

National Migraine and Headache Awareness Month

June is National Migraine and Headache Awareness Month. Below is information to increase your awareness of these discomforts and the impact they have on the patient, their families and society.

Effects of headaches:

Headaches can affect people of all ages. Not only are they an inconvenience and uncomfortable, for some, they can be debilitating. This can lead to decreased performance at work or school, increased absence from work or school, depression, and decreased quality of life.

Common types of headaches:

Tension – The most common form. Often described as feeling like a tight band around the head. The pain can spread to or from the neck.

Migraines – The second most common form of primary headaches. A migraine can last from a few hours to a few days. The pain can be pulsating or throbbing usually on one side of the head. The migraine can be accompanied by blurred vision, light headedness and nausea.

Cluster – These headaches occur suddenly one to eight times a day and can last from 15 minutes to 3 hours and the cycle can continue for days or even months. The pain is usually one sided, severe, sharp or burning and typically located around one eye.

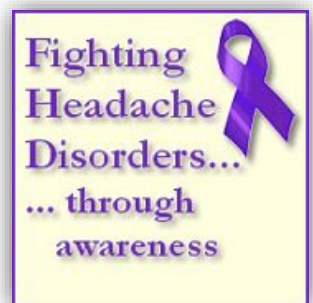
Headaches may be triggered or worsen with certain types of foods, activities, medications, or stress.

Ways to reduce risk of headache:

- Get Regular Sleep
- Eat Regular Meals
- Get Moderate Amounts of Routine Exercise
- Drink Plenty of Water
- Limit Caffeine, Alcohol and other Drugs
- Reduce Stress

<https://www.healthline.com/health/headache>

[Click here](#) to learn how to join Health Promotion's Google Group to stay up to date on everything HPFS!



[Link to Summer I Group Exercise Schedule](#)

Blood Screening

Wednesday, June 20
7:15 – 8:15 am
12 Varsity Gym
Appointments are required.
Call 262-6314 to schedule.

Blood Drive

Friday, June 15
10:00 am – 2:30 pm
Linville Falls Room/PSU
Call 262-6314 to make your donation appointment today!