

Fitness Matters

Special Reminders

Father's Day: June 16
Firework Safety Month

Fitness Assessments
June 3 – June 28

**Don't forget our Summer
Facility Hours**

Monday—Thursday:
7am – 6pm
Fridays: 7am – 3pm

**For our Group Exercise
Schedule visit**

<http://healthpromotion.appstate.edu/exercise-fitness/schedule>

Upcoming Programs

Bigger Snacks, Bigger Slacks!

Thursday, June 6

11:30am – 12:30pm

Ann Belk Library, Room 1040

Join Matt and Ryan as they define and demonstrate how to calculate caloric intake levels, Basal Metabolic Rate (BMR), and Resting Metabolic Rate (RMR) and their effects on body weight. In addition to these weight management tips, Matt and Ryan will discuss eating habits, how to set SMART goals, and making healthy eating choices.

For more information, or to register, contact Matt at wilhelmmr@appstate.edu or Ryan at cookrp@appstate.edu

Upcoming Events

Blood Screening

Wednesday, June 12

7:15am – 9am, 12 Varsity Gym

Appointment required!

Call 262-6314 to schedule an appointment

For screenings offered visit

<http://healthpromotion.appstate.edu/screenings>



Upcoming Activities

Beach Bound Fitness Challenge

Monday, June 2 – Friday, July 19

Health Promotion for Faculty and Staff

Registration: Monday, June 3 – Friday, June 14

The Beach Bound Fitness Challenge is a four-week program that focuses on overall health and fitness through the summer months. The program is based on the “buddy system” with points awarded for each completed task. Tasks are divided into three sections: individual exercises, group exercises, services and events. Participants will receive a packet detailing the program’s logistics and a progress sheet for logging weekly points.

For more information or to register, contact Matt at wilhelmmr@appstate.edu or Ryan at cookrp@appstate.edu

Upcoming Events for July

Blood Drive

Wednesday, July 10

10am – 2:30pm

Linville Falls Room

Call 262-6314 to schedule appointments

Stop! Drop! & Roll! 5K Run/Walk

Saturday, July 6, 8:00 AM

Fire Department Station 2

State Farm Road, Boone, NC



All proceeds will be divided between Watauga County Firefighters Association and North Carolina Firefighters’ Burned Children Fund.

Early Registration (July 3): \$15

Late Registration: \$20

For more information or to register, visit

<http://www.active.com/running/boone-nc/stop-drop-and-roll-5k-2013>.

Or, come by the Health Promotion office (12 Varsity Gym)
and pick up a registration form.