

Fitness Matters

Health Promotion For Faculty & Staff



March 2012

Upcoming Events

March 8 and 28

Bood Screening
7:15–9am*

Spring Break Hours

March 12—March 16

10 am–2 pm ONLY!

There will be **NO** group exercise classes this week.

March 28

Deadline to sign up for “Become a Healthy, Happy, APPy” incentive campaign*
(See article)

April 2—April 27

“Become a Healthy, Happy APPy” incentive campaign*

April 3

It’s More than ‘Just Aches and Pains’
12–12:45 pm*
(See article)

April 21

7th Annual Tom Moore 5k Run/Walk
(See article)

***Call 262-6314 to make an appointment.**

Become a Healthy, Happy APPy

April 2—April 27

Register by **Wednesday, March 28** for this fun and exciting 4-week incentive campaign. *Become A Healthy, Happy APPy* challenges you to make small but life altering steps to become a healthier, appier you! *Become A Healthy, Happy APPy* focuses on

3 major health topics: social life, diet, and exercise. **On Friday March 30**, two informational meetings will take place: 11–12 noon, and 12–1 pm. Everyone is expected to attend one of these meetings. Important details of the program will be explained and

information will be given out. This is going to be a fun and exciting challenge and everyone is invited to take part! Call 262-6314, or email Ashley Felts to register:

feltsam@appstate.edu

7th Annual Tom Moore 5k Run/Walk

The 7th annual Tom Moore 5k Run/Walk is slated for **Saturday, April 21**. This event will begin and end at the Greenway Trail, with registration from 8–8:45 am, and the 5k starting at 9 am. All proceeds will go to support the Huntington’s Disease Society of America (HDSA). Huntington’s Disease is a fatal progressive

degenerative disease for which there is no cure. Come out and help support research for this serious disease. Registration fees prior to April 18 will be \$15, and \$20 after, and up to the day of the race. Long sleeve T-shirts will be given on a first come, first served basis. For more information, or to register, visit:

www.healthpromotion.appstate.edu

For more information about Huntington’s Disease visit:

www.hdsa.org



It's more than “just aches and pains”

Fun things to try this Spring Break:

- ♥ Have fun trying your hand at Spring Crafts
- ♥ Decorate your house with a “colorful spring theme”
- ♥ Take advantage of this time to spend with your family; go on a picnic or walk at the greenway or beautiful parkway!
- ♥ Pick up that book you have been wanting to read but haven't “had the time”
- ♥ Try out gardening; pick out some yummy veggies, fruits or flowers and watch them grow!



Join Health Promotion's Ashley Felts **Tuesday, April 3**, from 12–12:45 pm, in room 1028 of the Hubbard Center to learn about what might be causing your joints to ache. This 45-minute educational session will present an overview of arthritis, state common causes of arthritis, and deliver ways to reduce pain caused by arthritis. Deadline to register is **Monday, April 2, 12 noon**. Call Health Promotion at 262-6314 to sign-up today!

Blood Screenings

Come take advantage of this month's cholesterol/multi-chemistry blood screening on **Thursday, March 8**, or **Wednesday, March 28**. This screening assesses your cholesterol, triglycerides, blood sugar, kidney, and liver levels. Appointment times will start at 7:15 am and will end at 9:00 am. A 12-hour fast is required prior to appointment times.

For a list of other blood screenings offered, prices, and additional information, visit www.healthpromotion.appstate.edu/screenings. **To schedule your appointment, call Health Promotion at 262-6314.**

Congratulations to our Participant of the Month: Sarah Carmichael

Sarah has been an Assistant Professor in the Geology Department since 2007. She has been taking advantage of the Personal Training program at Health Promotion and can already see improvements in her strength, endurance, and flexibility. These achievements are going to help Sarah accomplish her goal of running her first 5k, as well as assisting in some current hobbies like caving. At Health Promotion, Sarah enjoys being able to “get away” from her normal work routine, and relieve some of her stress. Some of her interests include cooking, gardening, and preserving foods from her own garden. Congratulations, Sarah! Keep up the good work!

