

Fitness Matters

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



March 2017

Important Dates:

Blood Screenings

March 7 & 30

7:15 am – 8:15 am

12 Varsity Gym

Mobile Mammography Screenings

March 27, 28 & 29

(Please call 262-6314 for an appointment.)

SPRING BREAK HOURS

Monday – Thursday: 8 am – 5 pm

Friday: 8 am – 3 pm

No Group Exercise Classes

12th Annual Tom Moore 5K:

Saturday, April 1 at 9 am Clawson-Burnley Park on the Boone Greenway Trail.

Cost is \$20 for early registration (on or before March 29) and \$25 for late registration.

For more information or to register visit: hdsa.org/thwboone



Nutrition Month



- Rather than frying meat, bake, grill or broil it
- Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes, and salad dressings. Use low-fat or nonfat versions of these condiments.
- Eat plenty of fruits and vegetables both with your meals and as snacks. Read nutrition labels on foods before you buy them.
- Drink no or low-calories beverages such as water or unsweetened tea. Sugar-sweetened drinks can bring a lot of added sugar and calories to your diet.

All information credited to: familydoctor.org

