

# Fitness Matters

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



## May 2017

### Blood Screening

Tuesday, May 9

7:15 - 8:15 am

12 Varsity Gym

Appointment required.

### CPR & First Aid Class

Friday, May 12

8:00 am - 12:00 pm

12 Varsity Gym

Registration required.

## Interim Hours

May 15 - 26

Monday - Thursday: 8 am - 5 pm

Friday: 8 am - 3 pm

(No classes these two weeks!)

## Summer Hours Begin April 29

Monday - Thursday: 7am - 6 pm

Friday: 7 am - 3 pm

## High Blood Pressure Month

### Five Surprising Facts About High Blood Pressure

1. **High blood pressure may be linked to dementia:** Some evidence suggests having uncontrolled high blood pressure during midlife (age 45 to 65) creates a higher risk for dementia later in life.
2. **Young people can have high blood pressure, too:** High blood pressure is a leading cause of stroke. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure, and diabetes.
3. **High blood pressure usually doesn't have any symptoms:** often referred to as the "silent killer" because many people feel fine, they don't think they need to get their blood pressure checked.
4. **Many people who have high blood pressure do not know it:** About 11 million U.S. adults with high blood pressure aren't even aware they have it and are not receiving treatment to control their blood pressure.
5. **Women and minorities face unique risks when it comes to high blood pressure.** Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant. African American men and women have higher rates of high blood pressure than any other race or ethnic group.

Source: [www.cdc.gov/features/highbloodpressure](http://www.cdc.gov/features/highbloodpressure)

