

# FITNESS MATTERS

## Participant of the Month!

This month, Kara Harmon was nominated for our participant of the month! Mrs. Harmon has worked in the Admissions Office for nine years, and is currently working in the Data Management area. When she is not at work, she enjoys riding motorcycles and four-wheelers. She has a passion for photography and loves finding the most scenic places to photograph in the High Country, and in addition to spending time with her family and friends.

She has been working out at the Health Promotion site since August 2014, when she started taking spin classes. Eventually she incorporated two weekly personal training sessions. Mrs. Harmon said that the sessions are hard but rewarding because she had never been involved with any body toning exercises before.

Overall, she is focused on building and maintaining a healthy lifestyle. Since June 2014, she has successfully lost 35 pounds and dropped six dress sizes! Congratulations Kara, keep up the great work!

## September is Whole Grains Month!

Whole grains offer a plethora of health benefits! Several studies suggest that consuming whole grains could lower a person's risk for heart disease, improve weight control, and lower the risk for Type 2 Diabetes. Whole grains are also an important source for many nutrients, including fiber, iron, and B vitamins.

This year, the theme of the month is to Share the Goodness of Whole Grains! The Whole Grains Council suggests doing so by baking whole grain muffins to share with friends, or taking whole grain granola bars to your child's sporting events. How do you plan to share the goodness?

### HEALTH PROMOTION HOURS:

Mondays – Thursdays: 7 a.m. – 7 p.m.  
Fridays: 7 a.m. – 3 p.m.

Please note that we will be **CLOSED** on Monday, September 7<sup>th</sup> to observe a state holiday. Enjoy your holiday!

### Save the dates!

<p>Vision/Glaucoma Screening* Friday, Sept. 11 8:00 a.m. to Noon</p>	<p>Blood Screening* Wednesday, Sept. 16 7:15 a.m. to 8:15 a.m.</p>	<p>CPR/AED &amp; First Aid Class* Friday, Sept. 18 8 a.m. to noon</p>	<p>Lunch &amp; Learn** Wednesday, Sept. 30 12:30 p.m. – 1:30 p.m.  Come learn about office ergonomics! Registration is required.</p>
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If there's an asterisk beside an event, please call our office to register.  
Office Number: (828) 262 - 6314

\*\*Register at [workshops.appstate.edu](http://workshops.appstate.edu)