

Fitness Matters

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

Spring in Boone!

With Spring right around the corner, now is the time to get out and be active! Check out these tips and ideas to stay active and enjoy the outdoors in Boone:

- **Expect Change:** Don't be surprised to see a few more cold days before Spring is in full swing. Keep an eye on weather and plan accordingly!
- **Walk/Hike:** Boone offers a number of amazing trails that allow you not only to stay active, but enjoy all the wonderful views Boone has to offer. Grab a friend and go on a hike!
- **Stay Hydrated:** You need about 2 liters of water every day, and as warmer weather leads to sweat, staying hydrated is more important than ever!



Tom Moore 5k Run/Walk for Huntington's Disease

Clawson-Burnley Mayors Park,
Boone Greenway Trail
Saturday, April 28
9:00AM



To register, or for more information on the 5k, go to 5k.appstate.edu.
For more details on Huntington's disease, go to hdsa.org.



CLOSED

Monday, April 2

Resume regular hours
Tuesday, April 3

**NO GROUP EXERCISE
CLASSES THIS WEEK.**

Upcoming Events

Blood Drive

Linville Falls Room, PSU
Friday, April 6

Blood Screenings

12 Varsity Gym
Wednesday, April 11
Tuesday, April 26

CPR/First Aid Class

12 Varsity Gym
Friday, April 13

Call 262-6314 to schedule
appointments for these
events.

