Fitness Matters
Health Promotion for Faculty and Staff
1179 Leon Levine Hall of Health Sciences
(828)-262-6314
healthpromotion.appstate.edu

April

Important Dates:
CLOSED
Monday, April 22

Reduced Hours:
Tuesday, April 23
8:00a.m. – 5:00p.m.
Resume regular hours and operation on Wednesday, April 24

Upcoming Events:

Blood Screening
Thursday, April 18 | 7:15a.m. - 8:15a.m.
Interprofessional Clinic, LLHS 132

CPR/AED Training
Friday, April 19 | 8:00a.m. - 12:00p.m.
LLHS Rm. 340

Blood Drive
Friday, April 26 | 10a.m. - 2:15p.m.
Linville Falls Room, PSU

Please call our office to schedule appointments for these events.

8 Heart-Healthy Outdoor Activities to try this Spring

1. Take up a sport: Anything from a basic horseshoe toss to learning to golf can count as helpful exercise
2. Swim: Visit your local outdoor pool or nearing indoor pool
3. Play with your kids: Shoot hoops with your children, play tag, visit the park or have a water balloon fight
4. Garden: Pull weeds, kneel to tend to flowers, mowing the lawn, etc.
5. Bike: Planning an afternoon outing for a bike ride can be so easy! Be sure to choose a route that matches your skill level!
6. Dance: Attend an outdoor concert, dance event or family wedding!
7. Hike: Perfect for Boone! Don’t forget to choose a route that matches your skillset!
8. Spring clean: You can break a sweat by taking a day to clean around your house, garage, yard, etc.

All Information credited to: https://kutv.com

Tom Moore Memorial 5K
Saturday, April 13
Leon Levine Hall
Appalachian State University

8 A.M. REGISTRATION | 9 A.M START
ONLINE REGISTRATION: hdsa.org/thwboone

Join Health Promotion’s Google Group and our Facebook Page to stay up to date on everything HPFS!