Fitness Matters

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

November 2018

Important Dates:

Blood Screening:
Wednesday, November 14

Closed for Holiday:
Thursday, November 22
Friday, November 23

*Lab Hours for Wednesday, November 21:
8:00 am – 5:00 pm

Please give us a call if you have any questions
or to schedule appointments.

Exercise Is Medicine

Physical inactivity is a fast growing
public health problem and contributes to a
variety of chronic diseases and health
complications including obesity, diabetes &
cancer.

Right now, especially in the US, we are
facing an “inactivity epidemic.” Health
Promotion would like to encourage everyone
to exercise regularly, not for vanity, but as your
body’s form of medicine!

There are so many benefits to regular
physical activity (150 mins/week). It lowers
your risk of many possible diseases, makes
your life expectancy longer, and all around
makes you feel better!

Here at HP, we encourage you to exercise
safely and within your body’s limits!

Happy exercising, FRIENDS!

All info credited to: www.exerciseismedicine.org/

Black Saturday 5K
Saturday, November 17

Early Registration:
Students: $15 Community: $20

Late Registration:
Students: $25 Public: $25

Please register online at:
https://5k.appstate.edu/races/black-
saturday-5k-2018

Hello Fall

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