Exercise is Medicine

"START WHERE YOU ARE. USE WHAT YOU HAVE. DO WHAT YOU CAN"

Exercise is Medicine® (EIM) encourages health care providers to include exercise when designing treatment plans for patients. EIM is committed to the belief that exercise and physical activity are integral to the prevention and treatment of chronic disease and should be regularly assessed as part of medical care.

Here are a few ways moving more can help you feel better:

- Improves your mood and sleep
- Slows the effects of aging
- Helps keep your mind sharp as you get older and lowers your risk of dementia and Alzheimer’s
- Lowers your risk of heart disease, stroke, high BP, type 2 diabetes, weight gain and several kinds of cancer
- Increases your energy and simply makes life better!

Important Dates

Fall Break Hours
Monday (10/14) - Tuesday (10/15)
8:00am - 5:00 pm

Closed: October 25
Employee Health Fair / Flu Vaccine Clinic
PSU, Grandfather Mtn. Ballroom
Friday, October 25 - 9:00am - 2:00 pm

Employee Health Fair
PSU, Grandfather Mtn. Ballroom
Friday, October 25 - 9:00am - 2:00 pm

Employee Flu Vaccine Clinic
PSU, Roan Mtn. Room
Friday, October 25 - 9:00am - 2:00 pm

Blood Screening
LLH, Interprofessional Clinic
Tuesday, October 29 - 7:15 AM - 8:15 AM

Blood Drive
Student Union, Linville Falls Room
Friday, November 1 - 10:00 AM - 2:00 PM

Black Saturday 5K
Leon Levine Hall
Saturday, November 2 - 9:00 AM
5K.appstate.edu
Health Promotion Returning Home to Varsity Gym in 2020

News from All of Us Here at Health Promotion:

Since October 2018, Health Promotion for Faculty and Staff (HPFS) has operated from Leon Levine Hall due to water infiltration resulting from clogged drains, an insufficient pumping system and outdated piping. HPFS’ preventive care measures (blood work, health screenings, etc.) and outreach programs (blood drives, First Aid/CPR classes, ergonomic assessments, etc.) continued operations with minimal impact. The Fitness and Health component of our services suffered the greatest challenges. The lack of independent cardiovascular exercise and strength training facilities negatively affected Health Promotion’s general fitness activities with a 46% decline, overall, in participation this past year. Partnerships with University Recreation (UREC) and the Health and Exercise Science Department minimized the impact closing Varsity Gym had on personal training, as Health Promotion was able to continue its training sessions within Levine Hall’s Exercise Science Resistance Labs and UREC’s Mt. Mitchell facility. We are grateful for their support and collaboration.

We are pleased to provide a very positive update to this experience. Thanks to administrative and campus-wide support for HPFS, we are projected to return home with at least partial operations in November. Full operations are anticipated to commence at the beginning of Spring 2020.

THANK YOU for your patience and support!! We will update you with more specific dates and information as they become available.

HEADING BACK TO VARSITY

530 Rivers Street,
12 Varsity Gym
Spring 2020