

Fitness Matters

November 2017



Health Promotion for Faculty and Staff

530 Rivers St, 12 Varsity Gym
(828) 262-6314
healthpromotion.appstate.edu

Holiday Hours: Flu Season: Tips to Avoid Getting Sick

Wednesday, Nov. 22
7 AM – 3 PM

Thursday, Nov. 23 &
Friday, Nov. 24

CLOSED

Winter is almost here, and with it so is flu season. It's important to take precaution and do whatever you can to stay healthy and avoid getting sick! Below is a list of tips to keep in mind throughout flu season:

- Get your flu shot! The best thing you can do to avoid the flu is get your flu shot.
- Avoid close contact with sick people.
- Clean your hands often
- Avoid touching your mouth, nose, and eyes
- Stay home if you are sick, so as not people.
- Get plenty of sleep.
- Stay hydrated and eat healthy.
- Cover your mouth when you cough.



Upcoming Events:

Blood Screening

November 9
7:15 - 8:15 AM
12 Varsity Gym, Rm 6

Flu Clinic

November 17
8:30 - 10:30 AM
12 Varsity Gym, Rm 6

First Aid/CPR

December 1
8 AM – 12 PM
12 Varsity Gym, Rm 6

Registration required for
all events.

Call 262-6314 for an
appointment.

Sunday, November 5

Daylight Savings Time Ends



Source: <https://www.cdc.gov/flu/protect/habits.htm>

American Diabetes Month

November is American Diabetes Month. Diabetes is one of the leading causes of disability and death in the United States. Eating healthy and staying active are vital in preventing diabetes. Stop by Health Promotion for Faculty & Staff anytime to sign up for one of our blood screenings!

