



Monday-Thursday: 7am-7pm
Friday: 7am-3pm

UPCOMING EVENTS

CLOSED SEPTEMBER 4

BLOOD SCREENINGS

September 13
7:15 - 8:15 am
12 Varsity Gym

September 28
7:15 - 8:15 am
12 Varsity Gym

CPR/FIRST AID CLASS

September 15
8 am – 12 pm
12 Varsity Gym

Call (828)262-6314 to schedule an appointment!

JOIN OUR GOOGLE GROUP

Not getting our updates but want to? Use [this link](#) to learn how!



September 2017

FITNESS MATTERS

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

FRUITS & VEGGIES: MORE MATTERS MONTH

A healthy and balanced diet with plenty of fruits and vegetables is one of the best ways to stay healthy and in shape! People with a healthy diet are at lower risk for conditions such as heart disease, diabetes, and high blood pressure. Here are some tips to incorporate fruits and veggies into your meals!

- **Substitute:** Try removing a little meat, rice, cheese, etc and replacing it with some vegetables. The meal will be just as satisfying, minus a few calories!
- **Snacking:** Try eating a cup of vegetables or fruits once or twice a day. Instead of picking up a bag of chips, fruits and vegetables offer a healthier alternative that also packs less calories.
- **Eat natural:** Try to avoid using high-fat dressings or methods of cooking like drying with your vegetables. These greatly increase the calories and fat in your meal, try steaming or low-calorie options instead!



Sources:

http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

BLACK SATURDAY 5K RUN/WALK

Located at the Greenway, Clawson-Burnley Mayors Park

Saturday, September 23

Race begins at 8:00am.

For more information, visit 5k.appstate.edu