This month we want to encourage Appstate to make movement a part of our faculty, staff, and students' everyday lives. Daily physical activity has shown to decrease risk of developing chronic disease, improve anxiety/depression, sharpen focus, and improve sleep. Appstate recognizes that physical activity is important to prevent and treat diseases; our health providers on campus can and are encouraged to prescribe exercise! Physical health is one component of overall health that can have a significant impact on all other areas of health.

Ways to Move
Moving your body does not have to be limited to structured workouts. Walking around your apartment complex, playing ultimate frisbee with friends, hiking, and dancing around in your living room are just some examples. Appstate’s UREC has a number of fitness programs to take advantage of. Get creative and always have fun in the process. Listen to your body and do what makes you feel well.
ENERGY FROM FOOD

The body's main source of energy come from glucose. Our bodies convert the carbohydrates we eat into glucose to provide us energy! Diet culture gives carbs a bad rep, but we need them! 45-65% of our daily intake should come from carbohydrates. Here are some great ways to incorporate nutrient rich carb sources in your diet

- Fruits! Any and all types
- Starchy veggies: potatoes, corn
- Beans
- Breads: opt for whole grain when you can!
- Oatmeal
- Pasta
- Rice

EVENTS

All Recovery Support Meetings:
5:30-7pm Wednesdays

Weekly Support Meetings: Virtual Social Hour
5-6pm Tuesdays

All Recovery BIPOC Support Meeting
4pm 10/14, 10/28

Korus Classes
Take a class on mindfulness and learn how to reduce your stress

Hike the Boone Fork Trail with the CRC

*Find all our event times and links on our website

website: wellness.appstate.edu
instagram: appstate_wellness
tiktok: wellness.appstate