

# The ASU “Exercise is Medicine” Lecture Series

The Appalachian State University Human Performance Laboratory invites you to join them as they host their North Carolina Research Campus Public Seminar Series during the month of October, 2010. The series is free and open to the public. It will be held in the Event Room at the David H. Murdock Core Laboratory Building at 150 Research Campus Drive. 6:30 to 8:00 pm.

## October 5 A Walk a Day Keeps the Doctor Away



Join Dr. David Nieman and discover the power of exercise in reducing your odds of getting sick with the common cold this season. Cutting edge research conducted by Dr. Nieman's research team at the NCRC has shown that no pill or supplement works better than daily brisk walking in preventing the common cold.

*Dr. Nieman is a Professor at Appalachian State University and the Director of the Human Performance Laboratory at the NCRC. His research team established the linkage between near-daily walking and reduced risk for the common cold, and is an international leader in the area of nutrition, exercise, and immune function.*

## October 12 How Exercise Helps Your Blood Pressure



Dr. Scott Collier will discuss how exercise helps people maintain good blood pressure and how it can help those with high blood pressure. Dr. Collier will explain the differences between aerobic and weight training exercise and also how long you need to exercise to gain benefits.

*Dr. Collier is an assistant professor at Appalachian State University and Directs the Vascular Biology and Autonomic Studies Laboratory. Dr. Collier has conducted several studies on the effects of exercise on blood pressure and is currently investigating how children benefit from structured exercise sessions during the summer.*

## October 19 Aging: What's Happening to Your Muscles



Dr. Andrew Shanely will discuss what aging does to our skeletal muscles. Skeletal muscles allow us to do many basic things, such as walking and breathing, but most of us take them for granted until they stop working like they used to.

*Dr. Shanely is an assistant professor at Appalachian State University and he conducts his research at the Human Performance Lab at the NCRC. Dr. Shanely's research is focused on skeletal muscle biology with a specific interest in sarcopenia, the age-related loss of skeletal muscle strength and mass.*

## October 26 Strength Training for Your Health



Join Dr. Jeff McBride and discover why strength training is so important to your health. Strength training helps maintain strength and muscle quality, keeps your bones healthy, and helps control body weight. Learn to stay in top form for daily activities and much more!

*Dr. McBride is an associate professor at Appalachian State University and the Director of the Neuromuscular Laboratory and the Biomechanics Laboratory in Boone. Dr. McBride's research focuses on the effects muscle strength and power on athletic performance.*