The promise of a new year sparks the desire to get healthy — at least for the first few weeks. Most New Year’s resolutions are aimed at changing habits, and habits — even if they have disastrous consequences for the long run — are hard to change. They become rather hard-wired over time. But just because New Year’s resolutions are tough to keep doesn’t mean they’re impossible. Start with a new approach:

Write Down Resolutions for the New Year
It is important to write goals down because it formulates a commitment in the brain. Outline the benefits of achieving those goals. Often, people work harder at accomplishing goals when they can visualize the benefits of doing so.

Set Daily Goals
Every day is a new beginning. Set daily goals because they are much easier to tackle than long-term goals. A large goal can seem overwhelming and impossible to achieve, but the secret is to attack that goal and break it into smaller tasks.

Keep Goals in Sight
The saying, “Out of sight, out of mind” holds true when it comes to accomplishing goals. For this reason, it’s important to think about and read a list of the goals each day. Look at them in the morning and look at them at night. Revisiting goals on a daily basis will supply the mental dexterity to maintain willpower as one attempts to accomplish New Year’s resolutions.

Don’t Consider Resolution Relapses as Defeats
“Messing up” does not indicate a failure. Do not stop because of a relapse or “backsliding;” get back on that horse and continue riding. Many people believe that making a mistake voids a resolution or goal. This is not true, as a New Year’s resolution is simply a goal; the desire to accomplish something.

Have Fun When Working on New Year’s Resolutions
When working toward a goal, it’s important to have fun. During the holiday season, almost everyone in the world is working on self-improvement goals or another a goal to improve life in some way or another. Eliminate some of the pressure and have fun.

Changing bad habits or introducing a new way of life is not an easy task, but using simple tricks can amend bad habits. When modifying unwanted behavior, one must remember to be persistent, take baby steps and have fun along the way. So what are you waiting for, start your new you today!

Daniel Kasambira
Three Diet Changes for Better Health

Diet Change No. 1: Cut Back on the Booze
It’s amazing how quickly calories add up, especially those you drink. And the empty calories in alcoholic beverages can be the first place to start cutting back.

Diet Change No. 2: Opt for More Vegetarian Meals
You may love hamburgers and barbecue, but aim for at least a couple of vegetarian meals each week. A vegetarian meal can be delicious, filling, and less expensive than a meat-based meal.

Diet Change No. 3: Pack Healthy Snacks
When mid-afternoon hits and you’re starting to get hungry again, you may be tempted to visit the vending machine. Avoid this unhealthy food habit by packing your own healthy snacks to bring with you.

Healthy Breakfast Recipe

2 servings
Total Time: 20 minutes

Ingredients
2 tortilla(s), flour, 8-inch
1/2 cup(s) egg substitute
1 dash(es) pepper, black ground
1 dash(es) pepper, cayenne
2 slice(s) tomato(es)
1 slice(s) cheese, American, low-fat (singles)
1 slice(s) onion(s), (optional)

Preparation
Heat oven to 375 degrees F. Scramble egg substitute in small skillet. Then lay 1 tortilla on a nonstick baking sheet. Spoon cooked egg substitute on top and sprinkle with peppers. Top with tomato, cheese, and onion, if desired. Lastly, add second tortilla on top. Press lightly. Bake 5 minutes, flip, and bake 5 more minutes or until cheese is melted. Cut into fourths to serve.

Nutrition
Per serving: Calories: 216, Saturated Fat: 1g, Sodium: 451mg, Dietary Fiber: 2g, Total Fat: 4g, Carbs: 30g, Sugars: 3g, Cholesterol: 2mg, Protein: 15g

If you have a healthy recipe that you would like to see in the newsletter, please submit them to healthandwellness@aamu.edu. Subject Line: Healthy Recipe 2011.
Creating a Healthier AAM You!

Did You Know?

• Alabama is ranked the 45th unhealthiest state.
• Alabama is ranked 44th in obesity.
• By 2015 it is expected that 75% of US adults will be overweight and 44% will be obese.
• The risk of heart disease is increased by physical inactivity to a level that is compatible to that for high cholesterol, high blood pressure or cigarette smoking.
• Nearly 4 in 10 adults are physically inactive during their leisure time—never engaging in any light, moderate, or vigorous physical activity.
• Walking 30 minutes a day can cut your risk for disease by 30-50%!

AAMU Challenge:

• AAMU employees through Blue Cross Blue Shield paid over $2.6 million dollars in hospitalizations in 2009.
• AAMU employees purchase $1.3 million dollars in prescription drugs annually.
• AAMU employees through Blue Cross Blue Shield paid over $2.1 million dollars on Physician Services in 2009.

AAMU’s Immediate Response:

• Fitness the Bulldog Weigh Obesity Program beginning February 7th.
• First Annual Faculty and Staff “Steps to a Healthier AAMU Walking Challenge” —Launch Party Wednesday February 16th-4:00pm-5:00pm.
• President’s Monthly Wednesday Walking Club - Beginning March 2011

Sources from Forbes Magazine 2010 & Blue Cross Blue Shield of Alabama 2009.

For more information, please contact our director, Daniel Kasambira at (256) 372-7000.

2 NEW Fitness Class Times!

Due to the high demand of the ever popular Zumba™ we have two new class times! Now enjoy Zumba™ on Fridays from 12:30-1:30pm and Sundays from 3:30-4:40pm with instructor Krishalon Wilkerson. Also look out for ALL NEW Group Fitness Classes starting in February!

NEW! Now Offering $5 Fitness Class Passes!

Guests are now able to take advantage of our Group Fitness classes for only $5 per class, without a membership!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Yoga</th>
<th>Arthritis Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays and Thursdays 6:00-7:00pm</td>
<td>Tuesdays 12:30-1:30pm Room 208</td>
<td>Tuesdays and Thursdays 9:00-10:00am Aquatic Area (Pool)</td>
</tr>
<tr>
<td>Fridays 12:30-1:30pm and Sunday 3:30-4:30pm Room 210</td>
<td>Room 208</td>
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*For the complete Group Fitness Schedule, visit www.aamu.edu/wellnesscenter

Member Spotlight

Name: Shawn Pair
City: Madison, AL
Member Since: October 2010

What do you enjoy most about the SHWC?
I really enjoy the convenience of the facility as well as the friendly staff.

How often do you visit the SHWC?
I attend 5 days a week on my lunch break for an hour.

What is your exercise of choice?
I do the treadmill for 50 min., the bike for 10 min., and I attend Zumba™ classes. Since working out at the center I have reached my weight loss goal of 15 lbs. and now regularly attend to maintain a healthy lifestyle!

Would you recommend the SHWC to your family and friends?
Yes! My family already have memberships.

Words of encouragement/advice to those who want to lose weight?
You have to do it for you!
Intramural Sports & Recreation

The Department of Intramural Sports & Recreation has geared up for another semester filled with fun and exciting activities. Several new programs that will be available this semester are: *swimming competition, indoor soccer, bowling competition, and a racquetball tournament*. Please see the list below for activities scheduled for January and February.

**Pool Schedule**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Friday</td>
<td>6:00am - 10:00am</td>
<td>Open Swim</td>
</tr>
<tr>
<td></td>
<td>10:00am - 3:00pm</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>3:00pm - 9:30pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00am - 5:30pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00pm - 6:30pm</td>
<td>Open Swim</td>
</tr>
</tbody>
</table>

**Step Aerobics**
Starts January 24
Monday & Wednesday
6:00-7:00pm

**Water Aerobics**
Start January 24
Monday & Wednesday
5:00-6:00pm

**Volleyball**
Starts January 24
Tuesday & Thursday
6:00-8:00pm

**Step Aerobics**
Starts January 24
Monday & Wednesday
6:00-7:00pm

**Racquetball Tournament**
Starts January 24-30
Monday-Sunday

**Bowling Competition**
January 31-February 6
Monday-Sunday
9:00-10:00pm

**Fishing Trips**
February 5, 12, 19, 26
Saturdays 6:00am
RSVP required

**Basketball**
Starts February 7
Monday-Thursday
6:00-9:00pm

**Indoor Soccer**
February 12 - March 26
(Flexible)

**Horesback Riding**
February 20 & 27
Sundays 1:00-4:00pm
RSVP required

**Fishing Trips**
February 5, 12, 19, 26
Saturdays 6:00am
RSVP required

For more information on the Department of Intramural Sports & Recreation or to register for activities, please contact Coach Franky Smith or Coach Knute Walker at (256) 372-4262.

**Family & Friends Day!**

In celebration of our members, we will have our first ever Family and Friends Day on Saturday, January 29, 2011. Since our grand opening, we have seen a great increase in memberships and we are excited about the New Year! On Family and Friends Day, current community members will be encouraged to bring one family member or friend for a FREE work-out! We look forward to seeing you and your family and friends there!

**SAVE the DATE!**

**January 29th, 2011**
An All Day Event

**Upcoming Events**

**Holiday Closings**
We will be closed January 17th, for the observance of Martin Luther King Day.

**The Dance Theater of Harlem**
The Dance Theater of Harlem will visit the Wellness Center on Tuesday, January 18th.

**Valentine’s Day Couples Bowl**
Enjoy a romantic and inexpensive night of bowling with your special someone Monday, February 14th from 7:00 pm - 9:00 pm at the Bulldog Lanes Bowling Alley.

**President’s Walking Club & Walking Initiative**
The Walking Initiative Launch Party will be held Wednesday, February 16th, from 4:00 pm to 5:00 pm.

The HealthyAAMYou newsletter is a bimonthly publication of the Student Health and Wellness Center of Alabama A&M University. It is provided for members’ general information and purpose. We want your feedback. E-mail us at healthandwellness@aamu.edu with your comments and suggestions for future issues.

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