Spring is a great time of year to check on things in your life—including your health! Before the joys and obligations of summer hit—why not take a look at your health as part of your “spring checkup?” You are probably doing it for your house, car and garden, so why not do it for you? Bodies need maintenance just like any other fine running machine. Get yours tuned up today! Here are some ways to do it.

Make a list of all of your chronic (if any) health issues such as high blood pressure, cholesterol and back pain. Now review your list and write down the last time you had your health care provider examine each of these with you. Be honest. Six months is the maximum time anyone with a chronic health problem in need of medical care should go without a checkup.

Review your immunizations. Are they up to date? Especially look at the last time you had a tetanus shot. If the answer is you “don’t remember,” then take action and get one!

Clean out your medicine cabinet. Take out all of your prescribed medications, place them in a bag and bring them with you to your spring health checkup. This is a great way for you and your health care provider to review the medications you are on to determine if you still need them or if there are new alternatives available. It is also a great way to review any out-of-date medications that have been “hiding” in the back of your medicine cabinet and need to be renewed with a fresh supply or simply tossed. Do the same with your over-the-counter medications.

Examine your health maintenance testing needs such as mammogram, colonoscopy and bone density scan. People seem to take much better care of their cars than themselves. Invest in your health!

Once you have completed all of the above, call and make an appointment with your primary health care provider. Let the receptionist know that you are bringing in your meds and want to review your health needs so that they can schedule an appropriate amount of time for your visit.

Don’t forget to visit the AAMU Wellness Center and check out our amenities to jump start your spring exercise regime! We’re open daily!

Source: ehow.com
# 10 Tips to Eat Better on a Budget

There are many ways to save money on the food that you eat. **The three main steps are planning before you shop, purchasing the items at the best prices, and preparing meals that stretch your food dollars.**

**March is National Nutrition Month.** Here are some tips to help stretch your food dollars.

1. **Plan, plan, plan!**
   Before you head to the grocery store, plan your meals for the week.

2. **Get the best price**
   Check the local newspaper, online, and at the stores for sales and coupons.

3. **Compare and contrast**
   Locate the “unit price” on the shelf below the product. Use it to compare different brands and sizes of the same brand.

4. **Buy in bulk**
   It’s almost always cheaper to buy foods in bulk. Smart choices are family packs of meats, vegetables, etc.

5. **Buy in season**
   Buying fruits and vegetables in season can lower the cost and add to the freshness.

6. **Go back to the basics**
   Convenience foods like frozen dinners, pre-cut veggies, etc. will cost more than if you make them from scratch.

7. **Easy on your wallet**
   Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food.

8. **Cook once...eat all week**
   Prepare a large batch of favorite recipes on your day off and freeze in individual containers.

9. **Get your creative juices flowing**
   Spice up your leftovers—use them in new ways. Try leftover chicken in stir-fry or over a garden salad.

10. **Eating out**
    Save money by going out for lunch instead of dinner, or looking for “2 for 1” deals.

---

**Healthy Recipe:**

**Spring Green Salad with Rouille Dressing**

*Source: Lifescript.com*

**Serves:** 6

**Total Time:**

**40 minutes**

**Ingredients**

- 1/3 c. Chopped hazelnuts
- 1/2 c. Jarred pimiento peppers
- 1/2 tsp. Chopped garlic
- 2 tbsp. Water
- 1-1/2 tbsp. White balsamic vinegar
- 1/2 tsp. Salt
- 1/2 tsp. Freshly ground pepper
- 1 Large cucumber, peeled, halved, seeded and cut into half-moons
- 2 Stalks celery, thinly sliced
- 4 c. Romaine lettuce, cut into bite-size
- 1 c. Baby spinach leaves
- 24 Fresh basil leaves, chopped

**Preparation**

Toast hazelnuts in a small dry skillet over medium heat, stirring often, until lightly browned, about 4 minutes. Transfer to a food processor and let cool for 5 minutes. Add pimientos, garlic, water, vinegar, salt and pepper. Process until smooth.

Combine cucumber, celery, romaine, spinach and basil in a salad bow. Add the dressing, toss gently, and serve!

**Nutrition**

Per serving: Calories: 64, Sodium: 362 mg, Dietary Fiber: 2 g, Sat. Fat: 0g, Cholesterol:0 mg, Total Fat: 4g, Carbs: 7 g, Protein: 3g

*If you have a healthy recipe that you would like to see in our next issue, please submit them to healthandwellness@aamu.edu. Subject Line: Healthy Recipe 2012.*
On Friday February 10th, the AAMU Student Health and Wellness Center with WEUP 103.1 FM hosted its first annual AAMYou Wellness Expo. Over 40 vendors provided free health screenings, HIV/STD testing, healthy food samples, and much more! We also welcomed special guests including Mayor Thomas Battle, Dr. Parker Griffith, Representative Laura Hall, and a student showcase, and giveaways. Thank you for making this event a huge success. See you next year!

Did you know?
There are in fact easy and well known ways to start becoming healthier without too much effort.

- Get more sleep
- Get some exercise
- Eat properly
- Reduce stress and relax
- Have regular checkups

Join our Group Fitness Class to start you NEW exercise regime!

Spring Group Fitness Classes!

Zumba
- Monday 12:30-1:30pm
- Tuesday 6:00-7:00pm
- Wednesday 12:30-1:30pm
- Sunday 3:30-4:30pm

Aerobics
- Cardio Combo
  - Monday and Wednesday 6:00-7:00pm

Yoga
- Hatha Yoga
  - Thursday 6:00-7:00pm
- One Class Only!

Aquatics
- Arthritis Aquatics
  - Tuesday and Thursday 8:00-9:00am
- Water Aerobics
  - Monday and Wednesday 5:30-6:30pm

What classes would you like to see this spring? Email us at healthandwellness@aamu.edu

Words of wisdom for others trying to lose weight?
Hard work! The old fashion method of time, perseverance, and commitment. The results are extraordinarily rewarding. Remember “The virtue lies in the struggle, not in the prize”. Richard Monckton Milnes

What’s your secret to looking good?
Staying devoted to my work out regime and drinking plenty of water. It helps boost my self-esteem, reduce stress, and enhances my sexy physique!

Interesting fact about Mrs. Simmons?
She loves to ride motorcycles and kayak. She also has a sweet tooth.
Spring 2012 Swim Lessons

Spring is officially in the air, warm things up in our heated pool this swim lesson season:

Session 1: February 28th - April 12th
(No classes the week of Mar. 26th - 30th)
Session 2: April 17th - May 24th
Saturday Session 1: March 3rd - April 14th
Saturday Session 2: April 21st - May 26th
All swim lessons are taught by certified instructors in a supportive environment.

SIGN UP TODAY! 256.372.7000

NEW! Spring 2012 Pool Schedule

Monday through Friday
7:00am - 10:00am Open Swim
4:00pm - 9:30pm Open Swim

Saturday
9:00am - 5:30pm Open Swim

Sunday
1:00pm - 6:30pm Open Swim

Upcoming Events

Spring Break Hours:
March 12th -16th  - 6am to 7pm
March 17th - 9am to 4pm
March 18th - 1pm to 7pm

The Link’s Combat Childhood Obesity Event
Saturday, March 10, 2012
12:00pm to 3:00pm

Financial Health Seminar
Tuesday, March 20, 2012
from 12:30-1:30pm
RSVP today for FREE Lunch
Call 256.372.7001 by March 16th

Lunch and Learn Seminars
Thursday, March 29, 2012
Thursday, April 19, 2012
from 12:30-1:30pm

The Student Health and Wellness Center of Alabama A&M University Newsletter | Page 4

Member’s Corner: Friendly Reminders

• Be sure to check out our website for the latest info. Visit us at www.aamu.edu/wellnesscenter

March 10, 2012

Linking Families, Physical Activity & Healthy Eating to Combat Childhood Obesity & Diabetes

Come out and enjoy a day of family activities! There will be mini workshops on childhood obesity, diabetes, nutritional education, food demos and sample, physical activities, and much more! The event will be held Saturday, March 10th, from 12:00pm to 3:00pm. For information, please call 256.372.7000.

For the latest on the Wellness Center, connect with us on Facebook and Twitter!
Find us: AAMUWellness

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 or complete a Customer Satisfaction Survey at our front desk.

Student Health & Wellness Center
Alabama A&M University
P.O. Box 1567 | 4011 Meridian Street
Normal, AL 35762
Phone: 256.372.7000 | Fax: 256.372.7005