Meet Kerry Demler, the AAMU Wellness Center's newest personal trainer! Not only is she the first female trainer to join our certified fitness team, but she is also on a quest to run 50 marathons in 5 years, in under 5 hours! We caught up with Kerry before she resumed her daily work out.

Q: How did you get started with marathons, and why 50? I began to relieve stress. I started out at three miles, and increased weekly. The more I ran, the better I felt. After a year of running, I decided to participate in half marathons. I entered the half marathon in South Dakota. When I got there, I realized I had just drove 10 hours. It was then I decided to run the full. I finished 1st in my division, and qualified to run in Boston. On my way home, I decided to challenge myself and set a goal to run 50 marathons in 5 years, in under 5 hours.

Q: What have you learned about yourself during this quest? I've learned that my body is capable of accomplishing anything I train it to do. Mainly, that running a marathon is so much like running my daily life itself.

Q: What words of wisdom can you offer on perseverance and not giving up? Running a marathon is not about how fast you run, but that you finish! Stay focused, and just put one foot in front of the other. Running a marathon is a competitive sport where you compete with yourself. You are never too old to start running. I met a lady in Nashville during my 49th marathon. She was 68 years old, and competed in her 1st marathon that day. She finished! Marathons are not easy if they were we would all run them.

Did you know? Only 1% of the Americans population attempt a marathon. Less than 1% actually finish. The fastest marathon run by an American runner was 2:19 by Deanna Kastor!

Inspired yet? Check out the Student Health and Wellness Center’s indoor walking track to jump start your fitness regime, or see Kerry during your next visit!

- Interview by Ashley Bryant-Massey

From the Director

I was looking at some statistics recently. I was overwhelmed when I noticed that we are approaching a rate of 2,800 member visits weekly. As I pondered this number, its relevance became diminished and what came to light was how we need to maintain our focus on every single member encounter. More is not necessarily better, if the quality of the customer experience is compromised. There is no doubt 2,800 encounters challenges us to scale some of our capabilities to meet this demand but it is the quality that occurs at each individual encounter that must be maintained and/or enhanced as we evolve here at the Student Health and Wellness Center.

I truly believe we have made good strides in improving each member experience. We were fortunate to once again earn the “Students Choice Award for Best Customer Service” on campus. Improved facilities, expanded programs and additional services have all enhanced our member experiences but, daily service member by member is what we pride ourselves on. A sample of a specific item on our agenda that will target enhancing your experience is our upcoming 24-50-5 = 6,000 initiative that will focus on “getting to know our members” on a more personal basis.

As we embark on this and other various initiatives this year and beyond, we will always be focused on why we are here. We may grow to 5,000 weekly member visits, but what we need to ask is each one a better experience than the last. Our core values of Character, Customer Service, Cleanliness, Community Outreach and Commitment to Staff Development will continue to be our guiding force in our quest to make your experience one where "you feel better when you leave the facility than when you arrived."

As always; I sincerely appreciate your support, feedback and commitment to the Student Health and Wellness Center.

Daniel Kasambira
Healthy AAMYou

6 Perks of Regular Physical Activity

You know exercise is good for you, but do you know how good? From boosting your mood to reducing your health risk, find out how exercise can improve your life.

May is National Physical Fitness and Sports Month. Here are some perks of maintaining your physical fitness.

1. Exercise controls weight.
   Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories.

2. Exercise combats health conditions and diseases.
   No matter what your current weight, being active boosts high-density lipoprotein, or “good” cholesterol and decreases unhealthy triglycerides.

3. Exercise improves mood.
   Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

4. Exercise boosts energy.
   Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently.

5. Exercise promotes better sleep.
   Regular physical activity can help you fall asleep faster and deepen your sleep. Do not exercise too close to bedtime, or you may be too energized to fall asleep.

6. Exercise can be fun.
   Exercise and physical activity can be a fun way to spend your time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.

Overall... Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day.

Healthy Recipe:

Grilled Pepper Salad
Source: Eatingwell.com
Serves: 4 (about 1 cup each)
Total Time: 20 minutes

Ingredients
4 bell peppers, (mixed colors), halved, seeded, and stemmed
1/4 c. Halved and pitted oil-cured black olives
1/4 c. rinsed and chopped oil-packed sun dried tomatoes
1 tbsp. extra-virgin olive oil
1 tbsp. balsamic vinegar
1/8 tsp. salt

Preparation
Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.

Tip
Make ahead of time, cover, and refrigerate for up to 3 days.

Nutrition
Per serving: Calories: 107, Sodium: 330 mg, Dietary Fiber: 2 g, Sat. Fat: 1g, Cholesterol:0 mg, Total Fat: 4g, Carbs: 10 g, Protein: 1g

Nutrition Bonus
Vitamins C (200% daily value)

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 Monday, April 30th, we celebrated the upcoming 2012 graduates and the staff on a job well done for their services over the school year. This group of graduates is the largest and has been with us from the very beginning. We just wanted to highlight their success and show them how much we really appreciate them. We wish them well and the best as they pursue other endeavors!

**And the Graduates are...**
Chavone Taylor - B.S. Political Science  
Jared Jones - B.S. Exercise Science  
Raven White - B.S. Business Administration  
Reggie Jordan - B.S. Exercise Science  
Chris Wells - B.S. Exercise Science

**Summer Group Fitness Classes!**

**Zumba™**
- Tuesday 6:00-7:00pm
- Wednesday 5:00-6:00pm
- Sunday 3:30-4:30pm

**Yoga**
- Hatha Yoga Thursday 6:00-7:00pm

**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 summer? Email us at healthandwellness@aamu.edu

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**Member Spotlight:**

Name: John Irons  
Member Since: August 2011  
Occupation: Retired from the Army and Civil Services

**What do you enjoy most about the SHWC?**
The indoor pool!

**How often do you visit the SHWC?** At least 4 times a week.

**What is your workout regime?**
Water Aerobics - twice a week. Arthritis Aquatics - twice a week.

**The key to your success?**
Just hanging in there, and following the directions of the aquatics instructors. They are great!

**Words of wisdom for others trying to lose weight?**
“Start now, it’s never too late to start.”

**Interesting fact about Mr. Irons?**
He initially began in the Arthritis Aquatics class, and eventually moved into the faster pace Water Aerobics class. Mr. Iron says, “Since coming to the classes, I feel more fit.”
Summer 2012 Swim Lessons

Summer is fast approaching, beat the heat this swim lesson season:

Session 1: June 4th - June 14th
Session 2: June 18th - June 28th
Session 3: July 9th - July 19th
Session 4: July 23rd - August 2nd
Saturday Session: June 9th - August 2nd
(No class July 7th)

All swim lessons are taught by certified instructors in a supportive environment. You do not have to be a member of the Wellness Center to participate in swim lessons.

SIGN UP TODAY! CALL 256.372.7000

Have Your Next Event Here!

If you are looking for something to do this summer, look no further. Let the AAMU Wellness Center host your next event! We have great amenities that will suit all your needs. Check out our Bulldog Lanes Bowling Alley, Indoor Swimming Pool, Game Room, Gymnasium, and several Multipurpose Rooms!

RSVP TODAY! CALL 256.372.7000

PERSONAL TRAINERS ANYONE?

Have you ever wanted to...
• Have an exercise program designed specifically for you
• Receive individual instruction in proper technique and safe use of equipment
  • Improve your strength and cardiovascular fitness
  • Train for specific goals, events, or occasions
  • Improve your flexibility

IF YES, stop by and check out our NEW personal trainers display board for pictures, biographies, and contact information!

NEW! Summer 2012 Pool Schedule

Effective May 28th through July 29th
Monday through Friday
8:00am - 8:30pm Open Swim
Saturday
9:00am - 5:30pm Open Swim
Sunday
1:00pm - 6:30pm Open Swim
NOTE: There is a 25 person maximum in the pool at one time.

Upcoming Events

Summer Hours: Effective May 28th through July 29th
Monday - Friday
6:00am to 9:00pm
Saturday
9:00am to 6:00pm
Sunday
1:00pm to 7:00pm
We will be closed
Monday, May 28th and July 4th
in observance of Memorial and Independence Day

Member's Corner: Friendly Reminders

• The new software system is in place! Look out for the NEW membership key tags coming this summer.
• Please do not leave personal items unattended. Locker rentals are $1 per day.

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

*You can now visit us online! www.aamu.edu/wellnesscenter

The HealthyAAMUYou 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