Meet Ms. Cornelia Orr, our beloved Arthritis Aquatics instructor! Not only is she one of our seasoned members, but probably our most flexible one as well!

Q: How long have you been an aquatics instructor?
I’ve been teaching for 8 years. I originally started teaching at the Richard Showers Center. I was inspired to become a certified aquatics instructor by my late aunt who suffered from Arthritis so bad that she couldn’t bear to be hugged or touched. As a way to pay homage to her, I pursued training from the Arthritis Foundation in Birmingham, as well as the Take Control with Exercise land based training in St. Louis, Missouri.

Q: What is the significance of water?
The buoyancy of the water enables people to do more and it increases the motion of your joints. It also helps strengthen your muscles. The water is a good start for people who have not been active because it increases their flexibility. Other benefits include reduced levels of pain for those suffering, and a decreased feeling of isolation and depression.

Q: What words of wisdom can you offer?
Love yourself! When you love yourself, you take care of you, and become a good steward of your health.

Did you know? Water is known to have varied benefits to the body. Water aerobics provides a full body workout with limited chances of injury or accidents. The resistance from the water works positively for the body. You can even burn around 600-700 calories after completing one full hour of water aerobics.

Inspired yet? Check out the Student Health and Wellness Center’s Group Aquatics Classes. Arthritis Aquatics is held every Tuesday and Thursday morning from 8:00am to 9:00am, and Water Aerobics is every Monday and Wednesday from 5:30pm to 6:30pm.

- Interview by Ashley Bryant-Massey

From the Director

As I watch the summer 2012 Olympic Trials in preparation for the London Games beginning July 27th; I am always amazed and impressed at the level of commitment these athletes make over a 4, 8, 12 year time frame for this opportunity to “show the world” they are the best at their particular event(s). Although we may not have world class speed like Usain Bolt; jumping ability like Lebron James or swim like Michael Phelps, a consistent commitment is required to reach goals. I am excited to see and hear about the progress you are making on your road to achieving gold medal status. We all recognize that some days are more difficult than others and want to encourage you to stay on track because the results will be worthwhile and life changing. Here at the Wellness Center we will not be the judges in your quest to reach your goals but want to serve as coaches, fans and whatever role needed to make your experience one that challenges as well as rewards your efforts. Thank you for being a part of the Student Health and Wellness Center family and have a great rest of the summer!

Daniel Kasambira
### Sun Protection Tips!

Did you know? We only need 10 minutes of sunshine per day. Ten minutes a day equals 3,650 minutes of sun exposure annually. The sun is the ultimate culprit for aging, and excessive exposure can weaken the skin’s immunity to the sun and lead to skin cancer.

**July is UV Safety Month. Here are some ways to protect your skin this summer.**

- Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher every day. Apply it liberally 15 to 30 minutes before going outdoors, and reapply it every two hours, or more often after swimming or heavy sweating.

- Use extra caution near water, snow, and sand; they reflect the damaging rays of the sun, which can increase the chance of sunburn.

- Limit sun exposure between 10:00am and 4:00pm, when the sun’s rays are the most intense. Practice the shadow rule: If your shadow is shorter than you, the sun’s rays are at their strongest, and you should find shade.

- Protect your skin with a long-sleeved shirt, long pants, and a hat that shades the face, neck, and ears. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics.

- Wear sunglasses with 99% to 100% UV absorption to provide optimal protection for the eyes and the surrounding skin.

- For more on how you can protect your skin, please visit [www.cancer.net](http://www.cancer.net).

### Healthy Recipe:

#### Watermelon Cooler Punch

**Source:** [bg.h.com](http://bg.h.com)

**Serves:** 9

**Total Time:**

15 minutes

**Ingredients**

- 3 c. Coarsely chopped seeded watermelon
- 3/4 c. Sugar
- 1.2 c. Lightly packed fresh mint leaves
- 2 c. White grape juice
- 1 tsp. Finely shredded lime peel
- 3/4 c. Fresh lime juice, chilled
- 4 c. Club soda, chilled
- * Fresh mint sprigs (optional)
- * Watermelon wedge or balls (optional)

**Preparation**

Place watermelon in a blender or food processor. Cover and blend until smooth. Strain watermelon puree through a fine mesh sieve; discard pulp. Next, in a large bowl combine sugar and mint. Using the back of a wooden spoon, lightly crush mint by pressing it against the side of the bowl. Add grape juice, lime peel, lime juice, and watermelon puree, stirring until sugar is dissolved. Stir in club soda. Serve in glasses over ice. If desired, garnish with mint sprigs and watermelon wedges or balls. Serve immediately.

**Nutrition**

Per serving: Calories: 121, Sodium: 31 mg, Dietary Fiber: 1 g, Sugar: 28 g, Vitamin C 27 mg, Calcium: 20 (DV%), Carbs: 31 g, Protein: 1g

*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.*
There is a new buzz around the Student Health and Wellness Center! We are pleased to announce our new membership tags for community members. No longer are our community members asked to leave their membership cards at the front desk upon arrival. With the integration of our new membership software system, each member now has the convenience of swiping his or her new membership key tag when entering the facility. We are excited about this new addition as we make strides to continue to improve each member’s experience. Be sure to get “tagged” today!

"I LOVE the convenience!"
- Lucille Jones

"They are much easier, and STATE of the ART!"
- Julius McCoy

"You can just COME and GO!"
- Dr. Muhammed Ghanbari

**Summer Group Fitness Classes!**

<table>
<thead>
<tr>
<th>Zumba</th>
<th>Yoga</th>
<th>Aquatics</th>
<th>Aerobics</th>
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<tbody>
<tr>
<td>Tuesday 6:00-7:00pm</td>
<td>Hatha Yoga Thursday 6:00-7:00pm</td>
<td>Arthritis Aquatics Tuesday and Thursday 8:00-9:00am</td>
<td>Cardio Combo Monday and Wednesday 6:00-7:00pm</td>
</tr>
<tr>
<td>Wednesday 5:00-6:00pm</td>
<td></td>
<td>Water Aerobics Monday and Wednesday 5:30-6:30pm</td>
<td>It's BACK!</td>
</tr>
<tr>
<td>Sunday 3:30-4:30pm</td>
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Which classes would you like to see this summer? Email us at healthandwellness@aamu.edu

**An interesting fact about Mr. Milton!**
I love to motivate people, laugh and have fun.
Summer 2012 Swim Lessons

Keep cool this summer with our swim lessons for all ages:

Session 1: August 14th - August 30th
Session 2: September 4th - September 20th

Saturday Session:
August 18th - September 22nd

PARENT & ME CLASSES
Session 1: August 13th - August 30th
Session 2: September 3rd - September 20th
For ages 6 months to 3 year old

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

Quench Your Thirst!

Keeping your body hydrated is essential, especially as seasonal temperatures peak. Check out the following tips for advice on how to stay hydrated.

▸ Keep a Water Bottle Handy
Always try to keep a reusable bottle or cup of water with you throughout the day.

▸ Don’t Wait Until You’re Thirsty
Fatigue, headache, dizziness — all can be indicators that it’s time to rehydrate. It’s important to drink small sips regularly throughout the day.

▸ Make Your Water More Interesting
Not much of a fan of plain water? Many recommend adding herbs and fresh fruit — citrus and berries are popular choices — to your water to boost the flavor intrigue.

▸ Drink Fresh Fruit & Vegetable Juices
Believe it or not, water is not the only star of the hydration show — electrolytes, essential fatty acids, and minerals are also important when it comes to keeping you hydrated. So opt for fresh juices made from high-water content fruits and vegetables to supplement your body’s needs.

Source: http://shine.yahoo.com/

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

Summer 2012 Pool Schedule

Ends August 19th
Monday through Friday
8:00am - 8:30pm  Open Swim
Saturday
9:00am - 5:30pm  Open Swim
Sunday
1:00pm - 6:30pm  Open Swim

FALL HOURS  Begins August 20th
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

Summer Hours  Ends July 29th
Monday - Friday
6:00am to 9:00pm
Saturday
9:00am to 6:00pm
Sunday
1:00pm to 7:00pm

Regular Hours  Begins July 30th
Monday - Friday
6:00am to 10:00pm
Saturday
9:00am to 6:00pm
Sunday
1:00pm to 7:00pm

First Day of Class
August 15th

SAVE the Date: Sept. 29th
100 Black Men Health & Wellness Fair

Member’s Corner:
Friendly Reminders

▸ Don’t forget, to replace a lost membership tag is $5.
▸ Rent a Lock! For $1 a day or $20 a month. Please see the front desk.
▸ Want to bring a friend! Guest passes are $10 for adults, and $5 for children.
▸ We have a NEW Equipment Check-out Process. See the front desk for workout equipment.

The Healthy@AAMUYou 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.

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