From the Director

With the recent disaster caused by Hurricane Sandy, it reminds me again how blessed we are as a people. Thanksgiving and Christmas come around once per year (at least on my calendar). We never know what will transpire on a daily basis. Let’s make the most of the opportunities we have to share our love and appreciation for our loved ones, neighbors, friends and colleagues. It can also be a time to share the importance of taking care of their health. I recently read an article by Dr. Oz who shared this information regarding disasters and the importance of making your health a priority:

“The stress from a disaster like a hurricane can aggravate your health problems and make you sicker. A group of researchers at New Orleans’ Tulane University studied the long-term effects of Hurricane Katrina, and found that the rate of heart attacks increased threefold in the years after the devastating storm. After four years, the researchers confirmed 629 admissions to the hospital due to heart attacks out of a total of 29,228 admissions (2.2%). However, before Katrina, there were only 150 heart attacks out of 21,229 admissions (0.7%). One of the reasons for this change could be the chronic stress that comes with natural disasters. Furthermore, after disasters, many tend to neglect their health when trying to recover and rebuild. However, as the research shows, this could take years away from your life in the long run.”

Are we making our personal health a priority? If not, what steps can we take to be prepared for some of the potential disasters in our life physically (a health care crisis), emotionally (stress), economically (financial challenges), spiritually (lack of clarity) and socially (unemployment)? Here at the Student Health and Wellness Center we appreciate each one of you for making this your place to take care of one of your most important gifts: your health. We will continue to work daily to create an environment that adds value to your experience here. Have a blessed holiday season.

Daniel Kasambira

‘Tis the Season for Transformation

Meet Tesa Nurse, a devout member of the Wellness Center whom had a serendipitous encounter with the facility, and has since been on an inspirational transformation.

Q: How did you hear about the Wellness Center?
I first started learning about the facility from within my women’s ministry program at church. Then on Valentine’s Day, I tuned into WJAB and thought I would try to win the giveaway contest. To my surprise, I was caller number 7 and was the recipient of a 6 month membership to the Wellness Center!

Q: What was the catalyst that made you decide you wanted to lose weight?
I was pushing 170 lbs., I’m short - 5’3” and I knew I was heavy, but I didn’t do anything about it. Then about a year ago I wasn’t feeling well, had no energy and was having frequent migraine headaches. I decided to see my doctor for a check up. I was diagnosed with high blood pressure and was placed on medication. Something had to change!

Q: What is your workout plan?
I work out 6 days a week. Each morning begins with fuel for the body:
- Water with a half of a freshly squeezed lemon, Oatmeal and a fruit. 30 minutes of cardio - elliptical, rowing or running, followed by dynamic stretches, followed by an intense 30 minutes of weight training.

Q: What have been your results?
Not only have I lost several inches and 20lbs, but there are no more migraines, lowered blood pressure and no more need of blood pressure medication. However, there is also some bad news; I now have plenty of clothes that no longer fit.

Q: What have you learned about yourself along the way?
I have learned that I can do hard things and even big things if I break the big goals into small and easy steps. I am realizing I cannot eat and do as I have in the past if I want to look and feel my best. To my surprise, I have discovered that not all pain is bad. The process of growth and change demands a struggle. Any exercise in the workout I fail to complete but continue to struggle through for about 3-7 seconds will force my body to make positive strength gains and transformation. I no longer quit when I fail to lift a weight or complete a pull up but now I gladly fail, knowing “when I am weak (if I keep on pushing through) I will soon be made strong!”

Q: What are some words of wisdom you can offer concerning getting fit and healthy?
Consider this scripture: 3 John 1:2 “Beloved, I pray that you may prosper in all things and be in good health, just as your soul prospers”. This means to me God wants me to be healthy and wealthy just as He is interested in my spiritual health. Sometimes I have neglected my health pursuing making a living and helping others. That is not healthy or wise.

Inspired yet? Check out the Student Health and Wellness Center’s cardio area, equipped with over 50 machines to address your various levels of cardio intensity.

- Interview by Ashley Bryant-Massey
Diabetes Awareness

Did you know? Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States. Diabetes is also the seventh leading cause of death in our country.

November is American Diabetes Month. If you’re at high risk for diabetes or have already been diagnosed, here’s your to-do list from the Centers for Disease Control and Prevention.

Healthy Recipe:

Diabetic Friendly
New Potatoes with Olive Oil and Garlic

Source: diabeticgourmet.com
Serves: 6 (serving size 1 wedge)
Total Time: 20 minutes

Ingredients
- 12 small new potatoes (1 pound total)
- 1 tbsp. plus 1 tsp. extra virgin olive oil
- 1 large clove garlic, minced
- 1/4 tsp. salt
- Pinch of freshly ground pepper

Preparation
1. Peel off a 1/2-inch strip of skin around the center of each potato.
2. Place the potatoes in a steamer set over simmering water. Cover and steam until tender, 15 to 20 minutes. Drain and reserve.
3. Heat the oil and garlic in a nonstick skillet large enough to hold the potatoes in one layer. Cook over medium heat until the garlic is fragrant, about 2 minutes. Add the potatoes and roll them in the oil mixture. Season with salt and pepper.

Nutrition
Per serving: Calories: 123, Sodium: 153 mg, Protein: 3 g, Carbs: 19 g, Fat: 5g, Cholesterol: 0 mg.

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 2013

Healthy AAM You

6 Tips for Prevention

- Lose extra weight. Moderate weight loss -- 7% of your weight -- may cut diabetes risk.
- Cut fat and calories from your diet. That should help with weight loss.
- Skip low-carb or high-protein diets. They may not work out in the long run.
- Get plenty of fiber. Get 14 grams of dietary fiber for every 1,000 calories you eat.
- Go for whole grains. Make at least half your grains whole grains.
- Get regular physical activity. Go for 2.5 hours per week (check with your doctor first).

5 Tips for Diabetics

- Eat healthy carbohydrates. Try fruits, vegetables, whole grains, legumes, and low-fat dairy products.
- Limit saturated fats. Get less than 7% of your total fat intake from saturated fats.
- Minimize trans fats. Check nutrition labels on packaged foods for trans fat.
- Curb dietary cholesterol. Get less than 200 milligrams of cholesterol in your daily diet.
- Eat fish at least twice weekly. Fried fish, however, isn’t recommended.

Knowing about glycemic load and glycemic index, which rate carbohydrates’ effects on blood sugar, may also be helpful to people with diabetes.

For more on how you about diabetes, please visit http://diabetes.webmd.com

The guidelines do not recommend drinking alcohol for diabetes prevention.

Type 2 Diabetes is the most common form of diabetes.
On Thursday, October 25, 2012, the Student Health and Wellness Center hosted its Lunch and Learn, a monthly health initiative which address various health issues in the community. This month in observance of National Physical Therapy Month, Physical Therapist Assistant, Stephanie Hall spoke to our guests about her profession and all the services provided by the Huntsville Hospital Sports & Therapy Center.

**Did you know?**
- Physical therapists, or PTs, are one of numerous types of health professionals who assist individuals with limited abilities.
- Physical therapists provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease.
- Be sure to mark your calendars for the next Lunch & Learn, November 16th!

**NEW Group Fitness Classes!**

**Salsa**
- **Tuesday** 7:00-8:00pm
- **Wednesday** 6:00-7:00pm
- **Sunday** 3:30-4:30pm

**Rhythmic Fitness**
- **Tuesday and Thursday** 10:00-11:00am
- *October 9th - November 15th*

**Urban Soul Line Dance**
- **Thursday** 7:00-8:00pm

**Zumba**
- **Tuesday** 6:00-7:00pm
- **Wednesday** 5:00-6:00pm

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

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

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

*October 9th - November 15th*

_Which classes would you like to see this winter? Email us at healthandwellness@aamu.edu_

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**Name:** Tyler Pearson  
**Member Since:** June 2012  
**Occupation:** Senior Urban Planning student

**What do you enjoy most about the SHWC?**  
The friendly environment and ambience

**How often do you visit the SHWC?**  
Everyday, usually Monday through Friday from 6am - 8am, and Saturday 2pm - 5pm.

**What is your workout regime?**  
30 minute circuits of cardio and lifting weights

**What are some words of wisdom for others trying to lose weight?**  
“Without struggle there is no progress, pain is only temporary.”

**An interesting fact about Mr. Pearson!**  
Since joining in June and working out with personal trainer Jon Howell, he has lost 16 lbs., and changed his diet to be vegan.
Late Fall 2012 Swim Lessons
Join the splash this fall with our swim lessons for all ages!

Tuesday and Thursday Schedule
Session 1: November 6th - November 22nd
Session 2: November 27th - December 13th

Saturday Session:
November 10th - December 15th

Monday and Wednesday Schedule
PARENT & ME CLASSES
Session 1: November 5th - November 21st
Session 2: November 26th - December 12th
For ages 6 months to 3 years old

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

SIGN UP TODAY! CALL 256.372.7000

CrossFit Impulse
life. changing. fitness.

The AAMU Student Health & Wellness Center getting ready to enhance and intensify your fitness regime by offering CrossFit. This fitness program incorporates short, intense, and fun workouts that get results! You will learn new skills, build strength, and perform a short CrossFit workout; as well as learn the fundamentals of nutrition, and how often you should train.

ONLY $99/4 week session! (Regular price $250)

REGISTER TODAY! CALL 256.372.7000

Give the Gift of Good Health

Are you looking for that perfect gift for your loved ones? Instead of adding to their collection of scarves, ties, and other traditional holiday gifts, give something that shows how much you care. Give the Gift of Good Health this holiday season with gift certificates from the Student Health and Wellness Center.

Visit our Member Service Desk, or call 256.372.7000 to purchase yours today!

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

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