Meet the Lewis family, Dorothy, Billy, Sean, and Terrance (not pictured). They are one of the many dedicated families who work out together at the Wellness Center.

Q: How important is fitness to your family? How do you feel about the facility? It is very important for the family to stay healthy and in shape. The center has played a key role in helping us achieve our goals; with convenient hours, wonderful prices, and a variety of equipment for all your needs. The water aerobics classes here are something that we can participate in, and that are not just for young people. The facility is very family oriented, and clean. The staff is extremely nice, and we have never had a bad experience. Mr. Kasambira takes a personal interest in each member. He also makes strides towards taking care of any issues at hand.

Q: What was your path to joining the center? Billy is a part-time employee, and once we found out the Wellness Center was open we had to join. We love how we can pay as we go with no contracts or sign-up fees. Other facilities deduct from your account no matter if you can come or not. It is extremely convenient to work out here, and we love having the community here. We have been to a lot of facilities over 20 years and this by far is the best!

Q: What is your fitness routine? We work out four times a week together and three times a week individually on account of our work schedule. Our routine is to use the treadmill, elliptical, bikes, and weights. We use the pool and participate in its water aerobics classes. Our son uses the elliptical and weights.

Q: What have been your results? We’ve lowered our blood pressure, feel less stiffness which is extremely important at our age. We’re also more flexible, sleep better, our health progressed, and overall just feel great! If we’re not able to come to the gym, we feel sluggish.

Q: What are some words of wisdom you can offer other families about getting fit? Please consider a healthy lifestyle simply because it can extend your life, and give you a better quality of life! It helps us do something together as a couple since we work a lot. It relieves stress. If you can find time to do everything else, you can find time for your health. It is important to incorporate this, you just might like it!

Inspired yet? Check out the Student Health and Wellness Center’s Water Aerobics class every Monday and Wednesday from 5:30 pm to 6:30 pm. Come join the splash!

- Interview by Ashley Bryant-Massey and Kesia Benford
Blood Donors

Did you know? Every two seconds someone in the U.S. needs blood, and one donation can save up to three people’s lives.

January is National Blood Donors Month. If you want to be a donor, here are some helpful tips for your preparation.

Hydrate
Be sure to drink plenty of fluids on the day of your donation.

Wear Something Comfortable
Wear clothing with sleeves that can easily be rolled up above the elbow.

Maintain a Healthy Level of Iron in Your Diet Before Donating
If possible, include iron-rich foods in your diet, especially in the weeks before your donation.

Bring a List of Medications You Are Taking
They will need to know about any prescription and/or over the counter medications that may be in your system.

Take your ID
Take either your donor card, driver’s license or two other forms of identification.

Take a Friend
Take a friend, so that you may both enjoy the benefits of giving blood.

Relax!
Blood donation is a simple and very safe procedure so there is nothing to worry about.

Healthy Recipe:

Chicken and Broccoli Rice Bowl

Source: www.myrecipes.com
Serves: 3 (serving size 1 cup)
Total Time: 22 minutes

Ingredients
3 c. small broccoli florets
1 (8.8-oz.) pouch precooked brown rice (such as Uncle Ben’s)
1 tbsp. olive oil
8 oz. skinless, boneless chicken breasts, cut into bite-size pieces
1/4 tsp. kosher salt
1/4 tsp. black pepper
1/2 c. chopped green onions
3 oz. light processed cheese (such as Velveeta), cut into 1-inch pieces
2 tbsp. sliced almonds, toasted

Preparation
1. Steam broccoli 5 minutes or until crisp-tender.
2. Heat rice according to directions.
3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; sprinkle with salt and pepper. Cook for 4 minutes or until done, stirring occasionally. Add onions and cheese, stirring until cheese begins to melt. Stir in rice; fold in broccoli. Cook 1 minute or until thoroughly heated. Sprinkle with almonds.

Nutrition
Per serving: Calories: 366 Sodium: 688 mg, Fiber: 4.5 g, Protein: 28.9 g, Carbs: 33.7 g, Fat: 13 g, Cholesterol: 56 mg, Iron: 2.1 mg.

For more on how you about becoming a blood donor, please visit www.redcrossblood.org

Help save a life! Be a Blood Donor.
**FIVE RESOLUTIONS TO IMPROVE HEART HEALTH IN 2013**

Did you know? That in your lifetime, your heart will perform more physical work than any other muscle in your body? Your heart truly takes care of you, so it’s important that you care for your heart. In 2013, resolve to make heart health a priority. To get started, you don’t have to do anything life-changing. Here are a few steps to improve your heart health in 2013, and beyond:

1. **Quit smoking.** Smoking is one of the most preventable causes of premature death. For one, it increases the risk for heart disease. Also avoid second-hand smoke.

2. **Know your numbers.** You owe it to yourself to take an active role in your own health. Find out your blood pressure, cholesterol and weight and discuss those numbers with your doctor.

3. **Process out processed foods.** In 2013, try switching out just one process food for something you make yourself. It doesn’t have to be complicated – it can be as simple as a soup.

4. **Get moving.** It’s easy to be sedentary, particularly if you drive to work and sit at a computer all day. Small steps can make a big difference. Try to get 20 to 30 minutes of moderate activity a day or 150 minutes a week.

5. **Get your friends and family on board.** Women are the caretakers. Whether we’re taking care of our parents, our children, our partners or looking out for friends, we have a unique ability to influence changes in diet and exercise. You can impact a lot of people just through your own choices. Heart disease is the No. 1 killer of women. It’s up to all of us to inform our circles of the risks and the actions a person can take to minimize those risks.

**Group Fitness Classes!**

<table>
<thead>
<tr>
<th>Aerobics</th>
<th>Salsa</th>
<th>Urban Soul Line Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cardio Combo</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td><strong>Monday and Wednesday</strong></td>
<td><strong>7:00-8:00pm</strong></td>
<td><strong>7:00-8:00pm</strong></td>
</tr>
<tr>
<td><strong>Zumba</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Aquatics</strong></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Thursday</strong></td>
<td><strong>Arthritis Aquatics</strong></td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>6:00-7:00pm</td>
<td><strong>Tuesday &amp; Thursday</strong></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td><strong>8:00-9:00am</strong></td>
</tr>
<tr>
<td>5:00-6:00pm</td>
<td></td>
<td><strong>Water Aerobics</strong></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td><strong>Monday and Wednesday</strong></td>
</tr>
<tr>
<td>3:30-4:30pm</td>
<td></td>
<td><strong>5:30-6:30pm</strong></td>
</tr>
</tbody>
</table>

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

---

**Member Spotlight:**

Name: Beverly Lampley  
Member Since: May 2011  
Occupation: Retired

**What do you enjoy most about the SHWC?**
I enjoy working out with my team and my trainer, Jon Howell.

**How often do you visit the SHWC?**
I come at least 3 days a week.

**What is your workout regime?** 30-45 minutes of cardio, 30 minutes of group training.

**What are some words of wisdom for others trying to lose weight?**
Consistency and prayer are the key to weight loss.

**An interesting fact about Ms. Lampley!**
When she was a senior in high school in 1972, she won the physical fitness in the Junior Miss Pageant.
2013 Swim Lessons
Join the splash this season with our swim lessons for all ages!

Tuesday and Thursday Schedule
Session 1: January 8th - January 24th
Session 2: February 5th - February 21st
Session 3: March 5th - March 21st
Session 4: April 2nd - April 18th
Session 5: May 7th - May 23rd

Saturday Schedule:
Session 1: February 2nd - March 23rd
Session 2: April 6th - May 18th

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
Also ask about our Parent & Me Classes!

AAMU Wellness Expo
Mark your calendars for the 2nd Annual AAMU Wellness Expo, February 15, 2013 from 10am to 2pm. This event is to provide health services, promote wellness and increase health awareness through screenings, education and entertainment.

FREE Health Screening
HIV+STD Testing
25+ Vendors
Greek Step Tease
Student Showcase
Live Music
Healthy Food Samples and MORE!

For more info, please 256.372.7000

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

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

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

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

Upcoming Events
AAMUYou Wellness Expo
February, 15th from 10am - 2pm
Want to be part of the expo call us at 256.372.7000.

Financial Health Seminar
February, 19th | 12:30pm - 1:30pm

NEW! We now open at 5:30am Monday - Friday

Member’s Corner: Friendly Reminders
• Be sure to catch our latest NEWS and EVENTS on the marquee behind the front desk!

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