Meet Coach Rob Wheeler and the Human Athletic Movement (H.A.M) Team. They are a unique group of local high school students who train here at the Student Health & Wellness Center under Rob Wheeler, a professional track & field training coach. Recently, we sat down with him to learn more about his program.

Q: How did you get into coaching track?
Originally, I worked at the Boys and Girls Club in Northwood, and from there I built a team of kids in 1997.

Q: How has the SHWC help accommodate you and your team?
The facility conveniently meets all of our needs. The SHWC provides weight training, indoor track, Yoga classes, cardio equipment for insured athletes, an indoor pool for my future water exercise class, and a hospitable staff that supports my vision!

Q: What's a typical practice? A typical practice entails working on speed, event specific conditioning, technical aspects of each track event, strength building, and agility.

Q: Do you have any success stories? This year alone, four of my students have received full track & field scholarships! Brian Arthur has signed with the University of Alabama; Alana Norman has signed to the University of Montevallo; Rachel Wiggins has signed to Auburn University, and Brennan Parks has signed to the University of Alabama Huntsville. I am extremely proud of them.

Q: What are some words of wisdom you can offer students regarding health and fitness? It’s a survival of the fittest. If you aim to be fit, you increase your chances of survival.

Inspired yet? Check out the Student Health and Wellness Center’s indoor track. Our state of the art track is suspended above the gymnasium. Regardless of the weather, come race to get fit!

To learn more about Coach Rob Wheeler and his team, or how the SHWC is reaching the community, visit our front desk during your next visit.

- Interview by Ashley Bryant-Massey and Kesia Benford

From the Director
This time of year is generally exciting for many; the weather is warming, days are getting longer, and patches of grass are starting to appear.

This can also be a very challenging time as the New Year’s resolutions begin to wear thin. Do you ever wonder if you will succeed in the goals or resolutions you have chosen? Do you have doubts about whether or not all the workouts are worth it? Are your workout partners beginning to show up less and less? If you answered yes to any of these questions, it’s time to get refocused.

Did you know?
24.9% of Madison County residents have high blood pressure
23.1% of Madison County residents are obese (down from 30.9% in 2007)
6.5% of Madison County residents have diabetes
22.9% of Madison County residents do not exercise

Although these are daunting statistics, YOU are making a difference personally which in turn is impacting our county, state and nation. Just as mistakes come with life-changing consequences, so too do small, often-unrecognized achievements. There are opportunities to celebrate every day.

Personally; I know the great feeling I get when I see our parking lot full. Then I get the opportunity to hear the success stories of our students, members and program participants. Moments like these deserve to be celebrated. For me, wins like this keep me going. Answer the call to the cause and find ways to notice the day-to-day “wines” in your life and in the lives of others. Enjoy these moments and the success they represent.

Daniel Kasambira

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For more info on fast food nutrition, please visit www.helpguide.org

**March in National Nutrition Month.** In today’s busy society it is inevitable that we will encounter Fast Food restaurants, so here are a few tips to eating healthy on the go:

1. **Make careful menu selections** – pay attention to the descriptions on the menu. Order items with more vegetables and choose leaner meats.

2. **Drink water with your meal.** Soda is a huge source of hidden calories. Try adding a little lemon to your water or ordering unsweetened iced tea.

3. **“Undress” your food.** When choosing items, be aware of calorie- and fat-packed salad dressings, spreads, cheese, sour cream, etc. Ask for packets on the side, and add it yourself, controlling how much you put on your sandwich.

4. **Special order.** Many menu items would be healthy if it weren’t for the way they were prepared. Ask for your vegetables and main dishes to be served without the sauces. If your food is fried or cooked in oil or butter, ask to have it broiled or steamed.

5. **Eat mindfully.** Pay attention to what you eat and savor each bite. Chew your food more thoroughly and avoid eating on the run. Being mindful also means stopping before you are full. It takes time for your body to register that you have eaten. Mindful eating relaxes you, so you digest better, and makes you feel more satisfied.

For more info on fast food nutrition, please visit www.helpguide.org

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**Healthy Recipe:**

**Green Smoothie**

*Source: www.eatingwell.com*

*Serves: 2 (serving size 1 3/4 cup each)*

*Total Time: 10 minutes*

**Ingredients**

- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 c. chopped kale leaves, tough stems removed (see Notes)
- 1/2 c. cold orange juice
- 1/2 c. cold water
- 12 ice cubes
- 1 tbsp. ground flaxseed (see Notes)

**Preparation**

Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

**Tips**

- Choose organic kale when possible. Nonorganic can have high pesticide residue.
- Look for ground flaxseeds (or flaxmeal) in the natural-foods section of large supermarkets or in natural-foods stores. Store in the refrigerator or freezer.

**Nutrition**

Per serving: Calories: 240 Sodium: 38 mg, Fiber: 8 g, Protein: 5 g, Carbs: 55 g, Fat: 3 g, Cholesterol: 0 mg, Potassium: 987 mg.

If you have a healthy recipe that you would like to see in our next issue, please submit it to healthandwellness@aamu.edu. Subject Line: Healthy Recipe 2013
On Friday, February 15th, the AAMU Student Health and Wellness Center, along with WHRP 94.1 FM hosted its 2nd Annual AAMYou Wellness Expo. Over 45 vendors provided free health screenings, HIV/STD testing, healthy food samples, and much more! We also entertained guests with a National Panhellenic Council step tease, the Marching Maroon and White drumline, along with the AAMU cheerleaders. Thank you for making this event a huge success. See you next year!

**Group Fitness Classes!**

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

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

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**2nd Annual AAMYou WELLNESS EXPO**

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**Member Spotlight:**

Name: Betty W. Dixie  
Member Since: January 2011  
Occupation: Retired Counselor for North AL Center for Education Excellence

What do you enjoy most about the SHWC?  
The friendly atmosphere keeps me coming back!

How often do you visit the SHWC?  
I come at least 4 days a week.

What is your workout regime?  
1 or 2 days of Arthritis Aquatics, and 3 days of cardio and weights.

What are some words of wisdom for others trying to lose weight?  
The SHWC is a vital resource for students. They should make use of the facility and not wait until you are 50 to workout. Be proactive about your health.

An interesting fact about Ms. Dixie!  
“I’m fine at 69”! Because I’ve maintained a healthy lifestyle, I’m not on any medication.
2013 Swim Lessons
Join the splash this season with our swim lessons for all ages!

Tuesday and Thursday Schedule
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!

LUNCH & LEARN
In observance of National Multiple Sclerosis Month, the AAMU Student Health and Wellness Center, in partnership with the National Multiple Sclerosis Society, will host our March Learn seminar. The lunch and learn will be held on Thursday, March 28th from 12:30 to 1:30pm. Please be sure to bring your lunch!

For more information, please 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 Student Health and 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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:00am - 10:00am</td>
<td>Open Swim</td>
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<tr>
<td></td>
<td>4:00pm - 9:30pm</td>
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</tr>
<tr>
<td>Tuesday</td>
<td>9:00am - 5:30pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00pm - 6:30pm</td>
<td>Open Swim</td>
</tr>
</tbody>
</table>

Upcoming Events

SPRING BREAK HOURS:
March 11th - 17th
Monday - Thursday
5:30am - 8:00pm
Friday - CLOSED
Saturday - 9:00am - 4:00pm
Sunday - 1:00pm - 7:00pm

Lunch & Learn Seminar
March 28th | 12:30pm - 1:30pm

Good Friday
March 29th - CLOSED

Financial Health Seminar
April 9th | 12:30pm - 1:30pm

Member's Corner:
Friendly Reminders

• Be sure to catch our latest NEWS and EVENTS on the marquee behind the front desk!

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.

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