Meet Wellness Center members Ed Brown and his friend Roberto Hernandez, two comrades who are racquetball enthusiasts. Their friendship has extended over 25 years, and they were gracious enough to sit down with us for an interview.

Q: How long have you two been friends?
We met in 1983 at Xerox where we work. During the 80’s, we fished a lot together and then started racquetball together in the 90’s. Hernandez moved out of the country for 15 years, but now we’re back at it again!

Q: What attraction brings you to our facility?
The facility is very convenient. I first noticed back in October when I came in here to do some work on the printer. Also the staff is very professional, nice, and never has an attitude. If you have any questions, they are very willing to help you. This really means a lot.

Q: What’s your typical workout regime? Our workout is that we start off with racquetball for 45 minutes. Then we do the treadmill for about 20 minutes or sometimes we hit the track. Then back to racquetball. We look forward to using the bowling alley and pool next.

Q: How has having a fitness partner enhanced your experience? It’s hard to cancel when you have a partner. Sometimes you may not feel like coming, but it’s hard to cancel on a partner. By keeping active, we both have maintained our flexibility.

Q: What words of wisdom could you offer our members regarding staying active? You need to have a partner to help stay healthy and fit. We want to live to be 80, and not get to a point where we don’t know who we are, and have our children changing our diapers.

Inspired yet? Check out the Student Health and Wellness Center’s three racquetball courts. Summer is fast approaching, why not get your heart pumping with one of our many amenities.

- Interview by Ashley Bryant-Massey and Kesia Benford
Get Fit for the Summer

Did you know? More than 2 million deaths worldwide can be directly attributed to physical inactivity.

May is National Physical Fitness and Sports Month. Here’s three fitness principles that can help you progress through change in your personal fitness level:

1. FREQUENCY
Get out there and sweat for 45 minutes to an hour most, if not all, days of the week. These workouts can, and should, vary; go for a vigorous hike, do an exercise DVD in your living room, go for a run, take a yoga class or try out new classes at the Wellness Center. The idea is that you remain consistent with your workouts.

2. INTENSITY
Are you focused when you are in your workouts or are you on auto-pilot? Going through the motions will not lead to change. If your workouts are performed at the same intensity every time, you will not see results. You need to get uncomfortable in order for your body to change. Go in and out of uncomfortable throughout each and every workout.

3. TIME
How long are your workouts? The desired time frame is between 45 to 60 minutes. If you have the extra time, add in another 15 minutes. The idea is that we need to keep inching toward additional challenges; this is how we push past plateaus.

Healthy Recipe:

Five-Spice Turkey & Wraps

Source: www.delish.com/recipes
Serves: 4
Total Time: 30 minutes

Ingredients
- 1/2 c. Water
- 1/2 c. Instant brown rice
- 2 tsp. Sesame oil
- 1 lbs. 93%-lean ground turkey
- 1 tbsp. Minced fresh ginger
- 1 lg. Red bell pepper, finely diced
- 1 c. Water chestnuts, rinsed and chopped
- 1/2 c. Reduced-sodium chicken broth
- 2 tbsp. Hoisin sauce
- 1 tsp. Five-spice powder
- 1/2 tsp. Salt
- 2 head Boston lettuce, leaves separated
- 1/2 c. Chopped fresh herbs, such as cilantro, basil, mint and/or chives
- 1 lg. Carrot, shredded

Preparation
Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Nutrition
Per serving: Calories: 285 Sodium: 543 mg, Protein: 26 g, Carbs: 24 g, Fat: 11 g, Cholesterol: 66 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

For more info on fitness, please visit www.active.com

why wait?
Get active now!

Healthy AAM You
Olympic Gold Medalist swimmer Cullen Jones visited the Student Health and Wellness Center on April 18th. Cullen began his day by speaking to A&M students, faculty, and staff. His passion for his craft was evident and many outstanding questions were asked. He also spent time signing autographs, taking pictures, etc. The press conference also went well, in which he received an AAMU coin, a key to the City of Huntsville and was made an Honorary Citizen. Throughout the rest of the day, he gave two swim clinics that served advanced swimmers, as well as, a Learn to Swim clinic with 75 children from Huntsville Swim Association, Huntsville Housing Authority, Big Brothers-Big Sisters of North Alabama and Wellness Center swimmers. He also gave a motivational speech to swimmers, parents and community members. Cullen won a gold medal in 2008 as well as a gold and two silver medals in 2012. Let’s support him in his quest to win 4 golds in 2016!

**Group Fitness Classes!**

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<tr>
<th><strong>Cardio Combo</strong></th>
<th><strong>Salsa</strong></th>
<th><strong>Urban Soul Line Dance</strong></th>
<th><strong>Piloxing</strong></th>
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<th><strong>Mommy &amp; Me Boot Camp</strong></th>
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<td><strong>Arthritis Aquatics</strong></td>
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<td>5:00pm-6:00pm</td>
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<td><strong>Sunday</strong></td>
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<td><strong>Arthritis Aquatics</strong></td>
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**Olympic Gold Medalist & World Champion Swimmer**

**CULLEN JONES**

**Name:** Avery Watson  
**Member Since:** October 2010  
**Occupation:** Graduate Student

**What do you enjoy most about the SHWC?**  
The weight room, the basketball courts and the track.

**How often do you visit the SHWC?**  
I come Monday through Friday for 2 hours a day.

**What is your workout regime?**  
I work a different muscle group each day. I use the bench press and the shoulder press. I also do squats and run.

**What are some words of wisdom for others trying to lose weight?**  
Never quit and you will succeed. Get a routine and have a goal!

**An interesting fact about Avery!**  
I am a pretty cultured guy. I lived in Germany for 5 years. I also love food!
2013 Swim Lessons
Join the splash this season with our swim lessons for all ages!

Tuesday and Thursday Schedule
May 7th - May 23rd

Summer Sessions:
Monday, Tuesday and Thursday
Session 1: June 3rd - June 13th
Session 2: June 17th - June 27th
Session 3: July 8th - July 18th
Session 4: July 22nd - August 1st
Session 5: August 5th - August 15th
Session 6: August 19th - August 29th

Saturday Schedule:
June 8th - August 29th

All swim lessons are taught by certified instructors in a supportive environment. You

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 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

ZUMBATHON
for Multiple Sclerosis
Join us in raising awareness and money for the National Multiple Sclerosis Society. The event will be held at the AAMU Student Health and Wellness Center on World MS Day, May 29th from 5pm-7pm. Bowling and Zumba will also be available to everyone who wants to attend. Donations will help send kids to MS summer camp. Everyone is encouraged to attend. Don’t forget to wear your orange!

For more info, please call 256.372.7000

SAVE THE DATE!

Summer Hours
May 27th - August 5th
FACILITY
Monday - Friday 5:30am - 8:00pm
Saturday - 9:00am - 6:00pm
Sunday - 1:00pm - 7:00pm

POOL SUMMER HOURS
Monday - Friday 8:00am - 8:00pm
Saturday - 9:00am - 6:00pm
Sunday - 1:00pm - 7:00pm

Upcoming Events
CLOSED MEMORIAL DAY
May 27th

ZUMBATHON for MS
May 29th 5:00pm-7:00pm

Member’s Corner: Friendly Reminders
Be sure to remove your lock when leaving the facility for the day!

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.

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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