You

Summer provides many great opportunities to be active. Making fitness a priority paves the way for a lifetime of healthy, active living and makes it easier to incorporate exercise into your often busy schedules. Here are a few tips to help make the most of summer fitness.

Family Fun for All Ages
One of the biggest challenges in getting the whole family together for fitness is finding activities that involve family members of all ages. Swimming and bike riding are often good ideas because they can be modified in a number of ways to include everyone. Find a local event, such as a 5K fun run. Many such events include smaller races or other activities for younger kids, and some even allow strollers and dogs. Letting kids and teens invite friends their own age to join in family activities is also a good idea.

Dedicate Time
Summers tend to get busy very easily, so scheduling time for fitness activities is important. Making it a recurring event on certain days of the week or writing it down in a calendar are good ways of keeping yourself accountable. Scheduling exercise is also a good personal reminder of the importance of prioritizing physical activity.

Try Our Pool
During the hot months, cool down with us in our seven lane swimming pool! Swimming is said to be the best form of exercise because it works the whole body. So to enhance your aquatics regime, join us for Arthritis Aquatics, Tuesday and Thursday from 8:00 am to 9:00 am, or Water Aerobics, Monday and Wednesday from 5:30 pm to 6:30 pm. Swimming lesson are also available!

Respect Hot Weather
Summer in many locations means hot weather. Physical activity in the heat requires plenty of hydration and vigilant observation for signs of heat exhaustion or heatstroke. Both of these conditions are extremely dangerous. Make sure you always have water with you during outdoor exercise, and stop to rest when needed. Wear breathable clothing, and remember to use sunscreen.

Source: Livestrong.com

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From the Director

I recently finished reading a book called “The Seed” by Jon Gordon. The overall theme of the book is about life being a process of seasons in which there is a time to prepare, a time to plant, a time to grow and a time to harvest. Whether you are a new member here or have been around since our grand opening on October 1st, you probably find yourself in one of these seasons. Here at the Wellness Center; we are preparing for the Fall students return for the 2011-12 school year, we are establishing a Wellness Center Youth Sports Academy and new Fall fitness programs are being scheduled. We continue planting by offering swim lessons for individuals ages 3 to 103. We have also hosted SOAR (Student Orientation And Registration) Academic Schools Fair for over 700 incoming Freshman students and have partnered with 15 community groups i.e. non-profits, churches, etc. this summer for various activities here at the Wellness Center. Growth has been taking place with 928 current community members, a weekly average of 2,202 customers using the Wellness Center and serving 963 students in intramurals this past school year. Harvest is being reaped by each of the staff members here as we get the opportunity to interact with you on a daily basis. We appreciate your involvement in strengthening the foundations of our community each day with a focus on physical development and healthy lifestyles. We continue to be committed to be more than just a place to work out or a safe haven for children. We are committed to making your experience one where you feel better leaving the facility than when you arrived. Summer is a busy time for all of us. Don’t forget to take time to celebrate, rejuvenate and begin the preparation process again as you go to the next level in your wellness.

Daniel Kasambira
Did you know?

Even people with dark skin need to **apply sunscreen liberally.** Use as least SPF 15 sunscreen, and **reapply every two hours,** even on cloudy days.

July is UV Safety Month, and we want to equip you with some tips on protecting your skin.

• **Sunburn will fade,** but damage to the deeper layers of skin remains and could cause future health issues.

• **When out in the sun,** remember to seek some shade. UV are rays the strongest between 10 a.m. and 4 p.m.

• **Overexposure to the sun** can cause many health problems including skin cancer, skin damage, premature aging, and skin growths.

*For more information, please visit www.uhc.com/source4women.*

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**Healthy Recipe:**

**Fruity Tofu Smoothie**

*Source: Healthy Habits by United Healthcare*

2 servings  
Total Time: 1 hours

**Ingredients**

- 1 c. Frozen fruit (peaches, oranges, etc)  
- 1 c. Orange juice  
- 1/2 c. Silken or soft tofu  
- 1/2 c. Plain low-fat yogurt  
- 1 tbsp. Lemon juice  
- 1 tbsp. Honey  
- 1 Small ripe banana

**Preparation**

In blender, puree together fruit, orange juice, tofu, yogurt, lemon juice, honey, and banana until smooth.

**Tip**

Frozen bananas make smoothies thick and frosty. Wrap peeled ripe bananas tightly in plastic warp and freeze.

**Nutrition**

Per serving: Calories: 120, Sodium: 274 mg, Dietary Fiber: 2 g,  
Total Fat: 0 g, Carbs: 24 g, Protein: 5 g

*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 2011.*
Although the official summer season did not begin until June 21st, the AAMU Wellness Center has been heating up with numerous summer festivities as part of our Kids Zone. Through this initiative, we’ve welcomed over 10 local youth groups to enjoy the many amenities we have to offer including: Bowling, Swimming Lessons, Self-Defense and Water Safety Classes!

**Did you know?**
- Swimming is the best form of exercise. Swimming works on the whole body.
- Bowling promotes good muscle exercises. As you swing around to hit the pins, the flexing and stretching provides adequate exercise for your tendons, joints, ligaments, and muscles in the arms.
- **Schedule your next youth group outing today!**

**Summer Group Fitness Classes!**

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aquatics</th>
<th>Aerobics</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Arthritis Aquatics</td>
<td>Cardio Combo</td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>Tuesday and Thursday 8:00-9:00am</td>
<td>Monday and Wednesday 6:00-7:00pm</td>
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<tr>
<td>Wednesday</td>
<td>Water Aerobics</td>
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<tr>
<td>5:00-6:00pm</td>
<td>Monday and Wednesday 5:30-6:30pm</td>
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<td>12:30-1:30pm</td>
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<td>Sunday</td>
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<td>3:30-4:30pm</td>
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**Words of encouragement/advice to those who want to get in shape?**
“Everybody should exercise, and it’s never too late!”

**An interesting fact about Dr. Ghanbari:**
He is originally from Iran, and has been a professor at AAMU since 1985!
Summer Pool Schedule

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday - Friday</td>
<td>8:00am - 7:30pm</td>
<td>Open Swim</td>
</tr>
<tr>
<td>Saturday</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

Effective until August 15th

Summer Hours:
Monday through Friday
6:00am to 8:00pm
Saturday 9:00am to 6:00pm
Sunday 1:00pm to 7:00pm

Let’s Move Campaign
Mark your calendars for July 23, 2011 from 12 - 4pm
For children ages 6-17
To register, email “register” to moveyourbody2011@gmail.com.

Fall Swimming Lessons and Youth Sports Academy
For more info, please call 256.372.7000

Member’s Corner: Friendly Reminders
We’d like to hear from you! Please fill out our survey, and give us your feedback.

The Student Health and Wellness Center in conjunction with Radar Magazine is hosting an event for kids ages 6-17. The “Let’s Move” campaign was started by First Lady Michelle Obama as a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

Join us Saturday, July 23, 2011, as we bring kids together to do a video blog of the Move Your Body dance, a very fun and energizing line dance!

Make a Splash! New Summer Swimming Lessons
Hurry up before it’s too late!
We still have two more summer sessions of swim lessons:

Session 4: July 25 - August 4
Saturday Session: July 9 - August 13

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

For more information, please contact the Student Health and Wellness Center at 256-372-7000 for fees, days/times, class descriptions and other information.

The Let’s Move Campaign is Coming to the Wellness Center!

The AAMU Bulldog Lanes is the hidden jewel of the Wellness Center. Tucked quietly around the reception desk, it offers TONS of fun once discovered! Come by today, and join the party!

Schedule effective August 1st

NEW Bowling Prices!
All Games $2
Shoe Rental $1
For everyone - including general public

Blue Light Special
Monday: Service Personnel Free All Night! (Law Enforcement, Fire Prevention, and the Armed Forces- (must show identification)

Tuesday: Open Bowling!

Cosmic Wednesday: Join Us for CW! Cosmic Bowling All Night - $2 per game (including shoes)

Ladies Night Thursdays: Ladies Bowl Free All Night!

Family Fridays: $10 for unlimited bowling per family

ALL-STAR WEEKENDS

Saturdays: All Games for $1

Slammin’ Sundays: $5 for 5. Five games for five dollars!

*Free Bowling does not include shoe rental

SENIORS BOWL FREE! (62+ years)

Summer Bowling Alley Hours: M-F 5:00pm-8:00pm, Sat 9am-6pm, Sun 1pm-7pm.

For more information on the Bowling Alley, please call us at 256.372.7000.

For the latest on the Wellness Center, connect with us on Facebook and Twitter!

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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