The summer is coming to an end, the students are heading back to school, so why not challenge yourself to lose those few pounds you gained this season. We all indulged in those summer favorites (ice cream, frozen drinks, BBQ, etc.). Don’t beat yourself up, now is the time to do something about it! It’s time to get back into the swing of things, and GET BACK TO FITNESS!

Cut down on fast food.
Let's get serious folks. We can't expect to eat McDonald’s and Burger King and not expect to gain weight. Start by organizing your meals. Keep track of what you eat and don’t just eat anything for the sake of getting full.

Develop and implement a training routine. Try a routine that starts with you going for a walk with your friend around the neighborhood. The idea is to start with something. We all have different fitness levels. If you find that walking around the block is a hard task and it causes you to sweat, then it’s a step in the right direction. If this becomes too easy, then up the ante. Start doing longer walks or go to the gym, and get a trainer to start training you.

Hang around people with a common interest. If most of your friends enjoy sitting around, smoking cigarettes, and eating junk food, chances are you will join along with their activities. Try to find people who enjoy things like going to the gym or playing sports. This will help to keep you motivated.

Make it fun. Engage in some of our fall group fitness classes. We offer a Zumba™ class every Monday, Tuesday, Wednesday, and Sunday, along with two variations of yoga (Gentle Yoga, Hatha Yoga), and aquatics (Arthritis Aquatics, and Water Aerobics). In addition, visit our racquetball courts, swimming pool, and bowling alley! Whatever you need, we have plenty of options to choose from!

Source: Healthtipper.com

From the Director
Wow! Can you believe October 1st is our 1 year anniversary? It’s been a very exciting time here at the Wellness Center. Unfortunately I have limited space but, I wanted to share several highlights: we were blessed with the opportunity to serve over 4,200 students, 1,044 current community members and 15 non-profit and church groups. We hosted a Zumba Party in partnership with the American Heart Association as well as partnered with Radar Magazine to create a video for First Lady Michelle Obama’s “Let’s Move” campaign. We also hosted an array of birthday parties utilizing our bowling alley, swimming pool and game room. These are just some of the accomplishments that transpired this past year but would not have been possible without a great staff team who love to serve. As we head into the upcoming year, “Back to School Back to Fitness” will require action on all our parts. According to new statistics from the National Center for Health Statistics at the U.S. CDC, 33.8 percent of Americans are obese and 68 percent of Americans are overweight. These conditions are preventable and reversible with proper diet and exercise. We must take control of the health and wellness of ourselves and our families. I know that many of you already know this and are committed to adapting a healthier lifestyle. But if you are anything like me...you may need additional motivation. Learning how to incorporate fitness into our daily routine can greatly enhance the quality of our life and our overall health. There is an African Proverb that says, “The path to nowhere is a long road.” Take some time to reflect on making sure you are on the correct path to a healthier lifestyle.

Daniel Kasambira
Did you know?

Breast cancer is the most common type of cancer in women.

October is National Breast Cancer Awareness Month. When cancer is found early, you have a better chance of healing.

- Get regular checkups. Talk with your doctor about clinical breast exams, mammograms, and other breast health studies.

- Perform breast self-exams. Most doctors recommend women in their 20’s to start self-exams. Notice changes in your body, and talk with your doctor about anything you find.


Health Hints: Breast cancer prevention. Mammograms can detect breast cancer as small as a flower seed, and help identify it in the earliest stage which can help make treatment more successful.

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

Healthy Recipe: Baked Apple Delight

Source: Healthy Habits by United Healthcare

4 servings
Total Time: 1.5 hours

Ingredients
4 Medium baking apples
4 tsp. Frozen apple juice concentrate
1/4 tsp. Cinnamon
1/8 tsp. Nutmeg
8 tsp. Dried cranberries or raisins
8 tsp. Crushed walnut

Preparation
Preheat oven 350°F. Core apples from stem side, almost to the bottom. Mix apple juice concentrate with cinnamon and nutmeg. Fill each apple with 1 tsp. apple juice/spice mixture, 2 tsp. dried fruit and 2 tsp. walnuts. Pour 1/2 inch of water around apples. Bake for 20 minutes or until apples are soft, but still holding their shape. Serve warm of cold. Splurge with T of fat-free whipped topping if desired for a few extra calories.

Nutrition
Per serving: Calories: 130, Sodium: 3 mg, Dietary Fiber: 4 g, Total Fat: 2.5 g, Carbs: 24.5 g, Protein: 1.5 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.
After a successful first class, Mr. Otis Burwell of Burwell Martial Arts, taught an encore self-defense class on August 24, 2011. He introduced basic techniques for verbal de-escalation and boundary-setting, physical strategies for dealing with standing and ground confrontations, and practiced these in simulated attack scenarios with padded gear. An emphasis was placed on addressing situations involving conflict with acquaintances, as this is the highest risk category for co-ed students.

Did you know?
• Taking a Self-Defense Class allows you to enjoy peace of mind.
• Makes you feel as though you are capable of protecting the ones you love.
• Projects a confident demeanor.
• And just may end up saving your life.
• Join us Tuesday and Thursday at 7pm for Tae Kwon Do!

Fall Group Fitness Classes!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aerobics</th>
<th>Yoga</th>
<th>Aquatics</th>
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| Monday 12:30-1:30pm  
Tuesday 6:00-7:00pm  
Wednesday 12:30-1:30pm  
Sunday 3:30-4:30pm | Cardio Combo  
Monday and Wednesday 6:00-7:00pm | Gentle Yoga  
Monday 10:00-11:00am  
Hatha Yoga  
Thursday 6:00-7:00pm | Arthritis Aquatics  
Tuesday and Thursday 8:00-9:00am  
Water Aerobics  
Monday and Wednesday 5:30-6:30pm |

What classes would you like to see this fall? Email us at healthandwellness@aamu.edu
New Fall Swimming Lessons
The summer sessions were such a hit, we have decided to run through October! Sign-up for any of the following sessions
Session 2: Sept. 6th - Sept. 22nd
Session 3: Sept. 27th - Oct. 13th
Sat. Session: Aug. 20th - Sept. 24th
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.

NEW Fall Pool Schedule
Monday through Friday
7:00am - 10:00am Open Swim
3:00pm - 9:30pm Open Swim
Saturday
9:00am - 5:30pm Open Swim
Sunday
1:00pm - 6:30pm Open Swim

Upcoming Events
Ta Kwon Do!
Tuesdays and Thursdays from 7-8pm.
$5 per person including students and non-members.
Lunch and Learn Seminars
Beginning September 15 @ 12:30!
Member Appreciation Day!
September 30th, 2011
Anniversary Health Fair
October 1, 2011

Member’s Corner: Friendly Reminders
Please remember to remove your personal locks after daily use. ALL remaining locks will be cut off September 14, 2011.
Stop by our front desk for a daily dose of inspiration from our box!

Alabama A&M University Youth Sports Academy
The AAMU Youth Sports Academy is a training camp for kids ages 4 to 18. The academy focuses on four major sports including: basketball, golf, soccer, as well as track & field; and conducted by highly skilled instructors. Through the academy, athletes will improve their skill, speed, power, agility, strength, flexibility, and more!
For more information, please contact Daniel Kasambira at 256.372.7003.

LUNCH & LEARN
This is a new monthly health initiative, geared toward informing you about health topics affecting us in our community. Join us for lunch as we learn more about Sickle Cell Anemia in partnership with the North Alabama Sickle Cell Foundation. The program will be held Thursday, September 15th, starting at 12:30pm, followed be a FREE lunch sponsored by Subway.
For more information, please at 256.372.7000.

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