The holiday season is upon us and although you may be more likely to pack on some pounds during this time of cold weather and bountiful food, with a little planning that does not have to be the case. Here are some tips to assist you in making this coming holiday season productive in sticking with your fitness and weight-loss goals.

**Nibble on food throughout the day.**
If you graze and snack on a little here and there all day, you will not build up that chance to be overly hungry. Instead of eating one gigantic meal which may conclude with you feeling so bloated, try having 2 or 3 smaller meals throughout the day.

**Skip the gravy, dressings, and high-calorie condiments.**
If you are cautious about calories yet still want to enjoy all that the Thanksgiving feast has to offer, then skip the gravy and fatty dressings. If the turkey is too dry without some type of sauce, use ketchup or a low-fat gravy. Many times the dressings and condiments are worse culprits than the foods you put them on.

**Eat more vegetables with your meal.**
Instead of loading up the potatoes and stuffing, choose to have more vegetables instead with your turkey. On a calorie basis, you are better off eating a larger serving of veggies than you are a starchy carb like potatoes, rice, stuffing, or bread.

**Drink a lot of water throughout the day.**
This will help with hunger throughout the day. Water is a great appetite suppressant and if you are constantly sipping all day, you will not find yourself starving. Also, if you want to shave some calories off your daily total for the day, skip the soda or juice and instead have coffee, water, Crystal Lite, or Diet Soda.

**Stay Active.**
One of the major causes of weight gain during the holidays is lack of activity. Time is spent doing holiday errands, which makes us more tired, less motivated, and not wanting to stick to our routine. Best thing to do is stick to your regular schedule! The AAMU Wellness Center offers a great escape from the cold with our indoor walking track, heated swimming pool, and always spicy group fitness classes.

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**From the Director**

As we enter the holiday season, many of us stress out about gaining excess weight. With all of the delicious meals and family gatherings filled with baked goods, how could one not be tempted? There are many ways to beat the battle of the bulge and even improve your fitness level before the New Year rolls around. Let’s try to take a different approach this season. We have embarked on a plan to assist you as you “Get in Shape This Season”. You may be asking yourself, how is the Wellness Center going to assist me? First, we will only be closing a total of 10 days over this holiday season (these days include Thanksgiving, Christmas and New Year’s Day) in order for you to continue your workout regime. Second, we will continue with most classes during this holiday season. Additionally, we will providing new opportunities going into the new year i.e. Wellness Center Sunday, fitness orientations as well as new classes. We appreciate your commitment to the Student Health and Wellness Center and are excited about hearing more success stories as we enter into 2012.

Daniel Kasambira
Did you know?
**Type 2 diabetes** is the most common form of diabetes.

November is National Diabetes Month. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin.

### Symptoms of Type 2 Diabetes
- Frequent Infections
- Blurred Vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
* **Often people with type 2 diabetes have no symptoms**

### What can you eat?
Living with diabetes doesn’t have to mean feeling deprived or restricted.
- Eat lots of vegetables and fruits. Try picking from the rainbow of colors.
- Choose whole grain foods over processed grain products.
- Include dried beans and lentils in your meals.
- Include fish in your meals 2-3 times a week.

For more information, please visit www.diabetes.org

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**Healthy Recipe: Sweet Potato Custard**

*Source: Organdonor.org*

6 servings  
Total Time: 1 hour

**Ingredients**
- 1 c. cooked, mashed sweet potato
- 1/2 c. mashed banana (about 2 small)
- 1 c. evaporated skim milk
- 2 tbsp. packed brown sugar
- 2 beaten egg yolk (or 1/3 c. egg sub.)
- 1/2 tsp. salt
- 1/4 c. raisins
- 1 tbsp. ground cinnamon
- Non-stick cooking spray

**Preparation**
In medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly. Spray a 1-quart casserole dish with non-stick spray coating. Transfer sweet potato mixture to casserole dish. Combine raisins, sugar and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300º oven for 45 to 50 minutes.

**Nutrition**
Per serving: Calories: 144, Sodium: 235 mg, Dietary Fiber: 1.4 g, Sat. Fat: 0.7g, Cholesterol: 92 mg, Total Fat: 2 g, Carbs: 24.5 g, Protein: 6 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.
On Saturday, October 22, 2011, the Student Health and Wellness Center hosted the Zumba Pink Party for the Cure, a campus and community event aimed to raise awareness of Breast Cancer Awareness Month. The event included a speaker, Rosalind Lett of the Madison County Public Library, complimentary refreshments, and concluded with a sassy Zumba Pink Party, featuring some of the newest instructors in the city!

Did you know?
- Breast cancer is the most common type of cancer among American women after skin cancer.
- White women have a higher incidence of breast cancer than African American women. However, African American women are more likely to die from breast cancer than white women.
- There are currently 2.5 million breast cancer survivors living in the United States.
- Join us for Zumba Every Monday, Tuesday, Wednesday, and Sunday!

Winter Group Fitness Classes!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aerobics</th>
<th>Yoga</th>
<th>Aquatics</th>
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<tbody>
<tr>
<td>Monday 12:30-1:30pm</td>
<td>Cardio Combo</td>
<td>Gentle Yoga Monday 10:00-11:00am</td>
<td>Arthritis Aquatics Tuesday and Thursday 8:00-9:00am</td>
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<td>Tuesday 6:00-7:00pm</td>
<td>Monday and Wednesday 6:00-7:00pm</td>
<td>Hatha Yoga Thursday 6:00-7:00pm</td>
<td>Water Aerobics Monday and Wednesday 5:30-6:30pm</td>
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<tr>
<td>Wednesday 12:30-1:30pm 5:00-6:00pm</td>
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<td>Sunday 3:30-4:30pm</td>
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What classes would you like to see this winter? Email us at healthandwellness@aamu.edu

An interesting fact about Terrance:
Mr. Lewis has lost about 45 lbs. since being a member of the SHWC. He contributes his weight loss to eating a healthy diet, and exercising everyday.

Words of wisdom for others trying to loose weight?
“Having a positive motivation is key, as well as eating a healthy diet.”
New Winter Swimming Lessons

It’s starting to get cold, but keep warm in our heated pool this swimming lesson season:

**Session 2: Nov. 8th - Nov. 29th**
*No class Nov. 24th*

**Sat. Session: Nov. 12th - Dec. 17th**
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 Winter Pool Schedule

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday through Friday</td>
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<td>Open Swim</td>
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<td>7:00am - 10:00am</td>
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<td>3:00pm - 9:30pm</td>
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<tr>
<td>Saturday</td>
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<td>Open Swim</td>
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<td>9:00am - 5:30pm</td>
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<tr>
<td>Sunday</td>
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<td>Open Swim</td>
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<tr>
<td>1:00pm - 6:30pm</td>
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Upcoming Events

**Lunch and Learn Seminar**

Thursday, November 17, 2011 from 12:30-1:30pm

**Holiday Hours**

November 23rd - 25th: Closed
December 22nd - 26th: Closed
January 1st & 2nd: Closed

**Special Hours**

December 27th - 30th: 6am to 8pm
December 31st: 9am to 12pm

**Member's Corner: Friendly Reminders**

Bumpers for the Bowling Alleys will be ready on November 14th! Book your child’s birthday party today!

Daily lock rentals now available for $1, see the front desk!

Stop by the front desk for a daily dose of inspiration!

LUNCH & LEARN

November’s Lunch & Learn will focus on diabetes. We will have a speaker from the Diabetes Center in Huntsville Hospital, Sara Steger, and local organic Chef Will the Palate, will come and teach us how to prepare diabetic friendly meals. Join us Thursday, November 17, from 12:30-1:30pm and enjoy some samples prepared by Chef Will. For more information, please at 256.372.7000. You are encouraged to bring your lunch!

Give the Gift of Good Health

Are you looking for that perfect gift for your loved ones? Instead of adding to their collection of scarves, ties, and other traditional holiday gifts, give something that shows how much you care. Give the Gift of Good Health this holiday season with gift certificates from the Student Health and Wellness Center. Visit our Member Service Desk, or call 256.3762.7000 to purchase yours today!

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.

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

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