Now that a new year is here, it is time to work on a new you! Before you jump into some trendy workout in 2012, give the treadmill another go. Stay in shape through the cold months with these totally not boring treadmill workouts that should make that time on the belt fly by.

Go high-low. According to most experts, interval training is the treadmill’s best friend. It gets the heart rate up and burns the maximum amount of calories with periods of high and low intensity. Intervals can be tough, but there’s always a break just around the “bend” in the “road.” Remember to adjust them to your own pace; a sprint, run, or jog speed is not the same for everyone.

Be a multitasker. Not sure whether to do cardio before or after strength training? We say, why not during! Add variety to your treadmill workout with a couple of 2- or 5-lb. dumbbells to practice bicep curls, shoulder presses, and other upper body exercises while walking, or hop on and hop off as you log the miles. Alternate 5 to 10 minutes of running with strength training exercises like squats, push-ups, crunches, planks, and lunges. Just be sure to slow down the speed of the belt during transitions unless this looks like fun!

Play your cards right. Pick a card, any card with this great treadmill game. Take four index cards and write the words “run,” “run fast,” “jog,” or “walk” on each of them. Shuffle them up while you warm up for about a mile. Then, draw a card and do whatever it says for 3 to 4 minutes until you’ve gone through all four. Repeat until you’re nice and sweaty. Get even more creative by adding new cards with specific speeds, inclines, or punishments and rewards like “drop and give me 20!” or “time for a water break!”

Use digital distractions. Do you rely on an awesome iPod playlist or watch TV to fight boredom? Studies show music and television are excellent distraction devices, so why not use entertainment to our advantage? Make an interval-style playlist with a mix of high-tempo and low-tempo songs and change speeds accordingly. Did you know television commercials are tailor-made for workouts? Over the course of a half-hour show, run hard while the program is on and recover during commercials (or vice versa). The Wellness Center offers great TV amenities. Bring your headphones or purchase a pair at the front desk to enjoy your favorite TV shows as you workout on the treadmill.

Source: Greatist.com/fitness/
Did you know?

Research shows that **adding nuts to your diet could help reduce the risk of heart disease.**

*February is Heart Health Month. Here are some ways to keep your heart healthy.*

Your ticker works hard, day in and day out – and eating nuts in moderation (up to 2 oz. a day) can be good for your heart.

**NUTS are:**

- Rich in unsaturated fats, including heart-healthy Omega-3s
- High in vitamin E and fiber
- A good vegetarian source for protein.

**Examples of healthy nuts include:**

- Almonds
- Cashews
- Peanuts
- Walnuts
- Pecans

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

---

**Healthy Recipe:**

**Mini Mushroom & Sausage Quiches**

*Source: Eatwell.com*

1 dozen mini quiches

Total Time: 1 hour

**Ingredients**

- 8 oz. turkey breakfast sausage
- 1 tsp. extra-virgin olive oil
- 8 oz. mushroom, sliced
- 1/4 c. sliced scallions
- 1/4 c. shredded swiss cheese
- 1 tsp. freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 c. 1% milk

**Preparation**

Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.

Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.

Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.

Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

**Nutrition**

Per quiche: Calories: 90, Sodium: 217 mg, Dietary Fiber: 0 g, Sat. Fat: 2g, Cholesterol: 105 mg, Total Fat: 5g, Carbs: 3 g, Protein: 9g

---

*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.*
Over the Christmas break, the Student Health and Wellness Center welcomed a very special guest, Santa Claus! In conjunction with local radio station 103.1 WEUP, we were able to convince Santa to pay a visit to North Huntsville and greet our young visitors. The day concluded with light refreshments, photographs, door prizes, and a cruise giveaway!

Did you know?
- Santa Claus was real, sort of... Folklore may have turned Santa Claus into a toy distributor, but he’s loosely based on a real person, St. Nicholas the Bishop of Myra.
- Coca-Cola created the modern Mr. Claus. In 1931, artist Haddon Sundblom illustrated Santa Claus as a jolly man in the red suit for a widely-circulated campaign for Coca-Cola.
- Santa was a bachelor until the late 1800s. The first mention of a spouse for Santa was in the late 1849 short story A Christmas Legend by James Rees.

Winter Group Fitness Classes!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aerobics</th>
<th>Yoga</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 12:30-1:30pm</td>
<td>Cardio Combo Monday and Wednesday 6:00-7:00pm Starting January 18th</td>
<td>Hatha Yoga Thursday 6:00-7:00pm</td>
<td>Arthritis Aquatics Tuesday and Thursday 8:00-9:00am</td>
</tr>
<tr>
<td>Tuesday 6:00-7:00pm</td>
<td></td>
<td></td>
<td>Water Aerobics Monday and Wednesday 5:30-6:30pm</td>
</tr>
<tr>
<td>Wednesday 12:30-1:30pm 5:00-6:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday 3:30-4:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Did you know?

- Santa Claus was real, sort of... Folklore may have turned Santa Claus into a toy distributor, but he’s loosely based on a real person, St. Nicholas the Bishop of Myra.
- Coca-Cola created the modern Mr. Claus. In 1931, artist Haddon Sundblom illustrated Santa Claus as a jolly man in the red suit for a widely-circulated campaign for Coca-Cola.
- Santa was a bachelor until the late 1800s. The first mention of a spouse for Santa was in the late 1849 short story A Christmas Legend by James Rees.

Winter Group Fitness Classes!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aerobics</th>
<th>Yoga</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 12:30-1:30pm</td>
<td>Cardio Combo Monday and Wednesday 6:00-7:00pm Starting January 18th</td>
<td>Hatha Yoga Thursday 6:00-7:00pm</td>
<td>Arthritis Aquatics Tuesday and Thursday 8:00-9:00am</td>
</tr>
<tr>
<td>Tuesday 6:00-7:00pm</td>
<td></td>
<td></td>
<td>Water Aerobics Monday and Wednesday 5:30-6:30pm</td>
</tr>
<tr>
<td>Wednesday 12:30-1:30pm 5:00-6:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday 3:30-4:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Did you know?

- Santa Claus was real, sort of... Folklore may have turned Santa Claus into a toy distributor, but he’s loosely based on a real person, St. Nicholas the Bishop of Myra.
- Coca-Cola created the modern Mr. Claus. In 1931, artist Haddon Sundblom illustrated Santa Claus as a jolly man in the red suit for a widely-circulated campaign for Coca-Cola.
- Santa was a bachelor until the late 1800s. The first mention of a spouse for Santa was in the late 1849 short story A Christmas Legend by James Rees.

Winter Group Fitness Classes!

<table>
<thead>
<tr>
<th>Zumba™</th>
<th>Aerobics</th>
<th>Yoga</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 12:30-1:30pm</td>
<td>Cardio Combo Monday and Wednesday 6:00-7:00pm Starting January 18th</td>
<td>Hatha Yoga Thursday 6:00-7:00pm</td>
<td>Arthritis Aquatics Tuesday and Thursday 8:00-9:00am</td>
</tr>
<tr>
<td>Tuesday 6:00-7:00pm</td>
<td></td>
<td></td>
<td>Water Aerobics Monday and Wednesday 5:30-6:30pm</td>
</tr>
<tr>
<td>Wednesday 12:30-1:30pm 5:00-6:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday 3:30-4:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Did you know?

- Santa Claus was real, sort of... Folklore may have turned Santa Claus into a toy distributor, but he’s loosely based on a real person, St. Nicholas the Bishop of Myra.
- Coca-Cola created the modern Mr. Claus. In 1931, artist Haddon Sundblom illustrated Santa Claus as a jolly man in the red suit for a widely-circulated campaign for Coca-Cola.
- Santa was a bachelor until the late 1800s. The first mention of a spouse for Santa was in the late 1849 short story A Christmas Legend by James Rees.
NEW! Winter 2012 Pool Schedule

Monday through Friday
7:00am - 10:00am  Open Swim
4:00pm - 9:30pm   Open Swim

Saturday
9:00am - 5:30pm  Open Swim

Sunday
1:00pm - 6:30pm  Open Swim

Winter 2012 Swim Lessons

It may be frigid outside, but keep warm in our heated pool this swim lesson season:

Session 1: Jan. 17th - Feb. 2nd
Session 2: Feb. 7th - Feb. 23rd
Sat. Session: Jan. 21st - Feb. 25th

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

SIGN UP TODAY! 256.372.7000

BLOOD DRIVE

In observance of National Blood Donor’s Month, the AAMU Health and Wellness Center is partnership with Lifesouth to host a blood drive in conjunction with our January Lunch and Learn. The blood drive will be held Thursday, January 26th, from 12:00pm to 5:00pm.

Did you know?
- That 1 pint of blood can save 3 people’s lives.
- Someone will need blood every 2 seconds.
- About 1 out of 7 people entering the hospital will need blood.

For more information, please at 256.372.7000. Be sure to come out and donate to save a life!

February 10, 2012

AAMYou WELLNESS EXPO

Mark your calendars for the AAMYou Wellness Expo. Come out for FREE Health Screenings, HIV/STD Testing, 20+ Vendors, Greek Step Tease, a Student Showcase, Live Music, Food Samples, and Giveaways. The event will be held Friday, February 10th, from 10:00am to 2:00pm. For information, please call 256.372.7000.

SAVE THE DATE!

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

Upcoming Events

MLK Holiday
We will be CLOSED January 16th in observance of the Martin Luther King Holiday.

Lunch and Learn Seminar
Thursday, January 26, 2012
Thursday, February 23, 2012
from 12:30-1:30pm

AAMYou Wellness Expo
February 10, 2012
from 10:00am to 2:00pm

Member's Corner: Friendly Reminders

• New Membership Software will take effect this month.
• The pool locker rooms are NOW available for usage.

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.

The Student Health and Wellness Center
Alabama A&M University
P.O. Box 1567 | 4011 Meridian Street
Normal, AL 35762
Phone: 256.372.7000 | Fax: 256.372.7005