Cracking the Color Code:

Did you know? Filling your plate with a vibrant array of produce can help you brain and body at their peak. Eat a variety of fruit and vegetables colors. The majority of Americans are not hitting their color quota. Here is what each hue can bring to you:

GREEN: These foods contain cancer protecting phytochemicals.

YELLOW: Sun-colored produce are full of vitamin C that can help heal wounds and block some skin damage.

ORANGE: These foods have beta carotene, which may help boost immune function.

GO FOR IT: Plant-based carbs contain fiber and resistant starch, considered natural hunger stoppers.

Healthy Recipe: Chillin’ Out Pasta Salad

12 servings
Total Time: 2 hours

Ingredients
- 2 ½ cup medium shell pasta
- 1 8-oz carton (1-cup) plain non-fat yogurt
- 2 tbsps spicy brown mustard
- 2 tbsps salt-free herb seasoning
- 1 ½ cup chopped celery
- 1 cup sliced green onion
- 1 lb cooked small shrimp
- 3 cup coarsely chopped tomatoes (about 3 large)

Preparation
Cook pasta according to package direction. Drain; cool In large bowl, stir together yogurt, mustard and herb seasoning. Add pasta, celery and green onion; mix well. Chill at least 2 hours. Just before serving, carefully stir in shrimp and tomatoes.

Nutrition
Per serving: Calories: 140, Saturated Fat: 1g, Sodium: 135mg, Dietary Fiber: 1.3g, Total Fat: 1g, Carbs: 19g, Sugars: 0g, Cholesterol: 60mg, Protein: 14g

To learn more about heart disease prevention, visit americanheart.org

GET IN A FITNESS CLASS

Spice up your life! Learn to dance Salsa in a way that is simple and effective. Our friendly instructors break down fancy moves into fun to learn steps. Discover how to dance with confidence and style in a welcoming and social atmosphere. A 150 lb. person will typically burn 420 calories per hour when dancing Salsa. Two classes are offered every Tuesday: Beginner’s Salsa Lesson from 7:00 to 8:00pm, Beginner’s Salsa Performance from 8:00 to 9:00pm.

On Saturday, February 26, 2011, the Student Health and Wellness Center of Alabama A&M University hosted Go Red Day, a campus and community event aimed to raise awareness of American Heart Month. The event included guest speaker, Camille Burgin, free health screenings provided by the Nurses’ Guild Ministry of Union Chapel Missionary Baptist Church; along with complimentary refreshments from Frito-Lay. The day was concluded with a spicy Zumba Red Fitness Party, featuring some of the most popular Zumba instructors in the city.

Did you know?
- Heart disease is the leading cause of death in the United States.
- Negative emotions and depression are risk factors for heart attack and stroke.
- Every 34 seconds, an American dies from heart attack.
- Two-thirds of deaths from heart attacks in women occur in those who have had no history of chest pain.

Words of encouragement/advice to those who want to get in shape?
Exercise everyday, and watch what you eat.

An interesting fact about Mr. Curley?
He’s lost about 100 lbs. and he walks almost everywhere on campus!

“Mr. Curley everyday. His persistence motivates us all!”
- Kristin Brown Member Service Associate

Member Spotlight

Name: Michael Curley
Occupation: AAMU Faculty Member
Member Since: December 2010

What do you enjoy most about the SHWC?
As often as I can, everyday!

What is your exercise of choice?
The treadmill, and all the weights.

Words of encouragement/advice to those who want to get in shape?
Exercise everyday, and watch what you eat.

*For the complete Group Fitness Schedule, visit www.aamu.edu/wellnesscenter

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Steps to a Healthier AAMU!

"Step to a Healthier AAMU!" is a pedometer program starting March 7th-April 29th. Teams of AAMU faculty and staff will set out to accumulate as many steps as possible over the course of 8 weeks. The goal is for AAMU to walk an average of 3000 steps a day. The goal for each team is to gradually increase the number of weekly steps. Incentives will be awarded to the individual reaching 3 check points along the route. There will also be a group incentive for the team with the greatest accumulation of steps for a week.

How does it work?

Individuals will wear a pedometer every day and will have the capability of manually recording steps and mileage total daily or weekly in a spiral bound journal. Team size is not limited, however, teams of 3-10 are recommended. Individuals will also have the opportunity to pass through three check points along the route where incentives will be awarded for reaching each destination (80K, 160K, and 250K steps).

How do I register?

To register for the program, contact your department’s team leader, stop by the Student Health and Wellness Center or send an email to daniel.kasambira@aamu.edu. There is a $25 registration fee that includes: a pedometer, activity log, program incentives, and final celebration continental breakfast.

For more information, please contact our director, Daniel Kasambira at (256) 372-7000.

Intramural Sports & Recreation

The Department of Intramural Sports & Recreation has geared up for another Intramural Sports & Recreation (256) 372-4262.

Register for activities, please contact Coach Franky Smith or Coach Knute Walker at (256) 372-4262.

For more information on the Department of Intramural Sports & Recreation or to register for activities, please contact Coach Franky Smith or Coach Knute Walker at (256) 372-4262.

Pool Schedule

<table>
<thead>
<tr>
<th>Monday through Friday</th>
<th>6:00am - 10:00am</th>
<th>Open Swim</th>
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</thead>
<tbody>
<tr>
<td>10:00am - 3:00pm</td>
<td>Closed</td>
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</tr>
<tr>
<td>3:00pm - 9:30pm</td>
<td>Open Swim</td>
<td></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

Spring Break Hours:
- March 14th - March 18th: 6am-7pm
- March 19th - 9am - 4pm
- March 20th - 1pm - 7pm

Family and Friends’ Days!
Mark your calendars for March 26, 2011 & April 30, 2011

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Member’s Corner: Friendly Reminders

You can now listen as you work! All cardio machines are equipped with plug-in capabilities. Bring your headphones to watch and listen to your favorite television show as you workout. You can also purchase headphones at the front desk for only $5.

Please remember to bring a lock to store your personal items in the locker room during your visit. We strongly discourage you to leave your items unsecured while in the building. Also, be sure to remove your lock before you leave.

The Healthy AAMUYou 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 purposes. We want your feedback. E-mail us at studenthealthandwellness@ aamu.edu with your comments and suggestions or complete a Customer Satisfaction Survey at our front desk.

A&M Alum and 5-Time Olympic Visits the SHWC!

Five-time Olympic, USA national Track & Field Hall of Fame, and 1989 AAMU Graduate, Jearl Miles-Clark made a visit to the Hill on March 4, 2011. She ended her day of celebration on campus by signing autographs at the Wellness Center.

Connect With Us on Facebook and Twitter!