From the Director

Spring is finally here! Spring provides a time to revisit healthy choices by dusting off the golf clubs, getting outdoors to enjoy your recreational activity of choice in addition to continuing your workouts here at the Wellness Center. Spring provides a time to take stock of all our blessings. We were blessed to have the opportunity to serve 4,133 Alabama A&M students this past school year and continue to be the facility of choice for 650 community members. Spring means starting fresh or doing something new. With everything that transpired on April 27th this should help us realize the importance of making every new day count. Spring also is a time to rebuild in preparation for the next season. Let’s take this time to rebuild ourselves in a healthy way as well as rebuild our communities. On behalf of the staff here at the Wellness Center, this newsletter issue is dedicated to the victims of the recent disaster and all the “unsung” heroes making a difference on a daily basis. Please keep in mind Jeremiah 29:11, “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Managing Traumatic Stress: After the Storm

The effects of the recent tornadoes can be long-lasting and the resulting trauma can reverberate even with those not directly affected by the disaster. It is common for people who have experienced traumatic situations to have very strong emotional reactions. Understanding normal responses to these abnormal events can aid you in coping effectively with your feelings, thoughts, and behaviors, and help you along the path to recovery.

Many people already possess the skills of resilience and will bounce back on their own, given time. There also are a number of steps you can take to help restore emotional well being and a sense of control following a natural disaster, including the following:

• Give yourself time to heal. Allow yourself to mourn the losses you have experienced. Try to be patient with changes in your emotional state.

• Communicate your experience in whatever ways feel comfortable to you, such as talking with family or close friends, or keeping a diary.

• Help those you can. Helping others, even during your own time of distress, can give you a sense of control and can make you feel better about yourself.

• Establish or reestablish routines. Take some time off from the demands of daily life by pursuing hobbies or other enjoyable activities.

• Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals, get plenty of rest and engage in exercise.

Source: American Psychological Association www.apa.org
What’s Keeping You from Exercising?

May is National High Blood Pressure Education Month, and we want to equip you with some tips on lowering your blood pressure with regular exercise.

Check out these common exercise barriers and some solutions that can help you get started and keep going:

• No time
Make time. Get up earlier, use your lunch for walks, do some stretching during commercials.

• Too Tired
Just do it. Exercise can boost your energy levels, and improve your mood. Consider working out with a friend or training event.

• Too Boring
Make it fun. Mix it up. Walk one day, jog the next. Do Zumba™ today, weights tomorrow.

You should consult with your treating physician before starting any exercise regime. Also remember to stretch before and after you exercise.

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

Healthy Recipe: Sorbet with Glazed Pear Slices

6 servings
Total Time: 2 hours

Ingredients
1 tbsp. trans-fat-free spread
2 tbsp. sugar
3 medium peeled Bosc pears, cored and each cut into 8 wedges
1/2 c. apple juice
2 c. fruit flavored sorbet

Preparation
Melt trans-fat-free spread in a large, nonstick skillet over medium-high heat. Add sugar and pear wedges; cook 10 minutes or until tender, stirring occasionally. Spoon pear mixture into a shallow dish; set aside. Add apple juice to pan. Bring to a boil and cook until reduced to 3 tbsp., stirring frequently. Pour over pear mixture, and serve warm with sorbet.

Nutrition
Per serving: Calories: 163, Sodium: 30 mg, Dietary Fiber: 2.2 g, Total Fat: 2.7 g, Carbs: 37.8 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.

“Exercise has helped with my arthritis. Plus it’s fun. You feel good, and look good!”

- Rita McCoy
A Healthy Taste of AAMYou!

On Thursday, April 21, 2011, the AAMU Student Health and Wellness Center, and the Nutrition and Hospitality Management Club sponsored “A Healthy Taste of AAMYou”. Both students and community members were able to talk with registered dietician, Dr. Sistani, sample nutritious snacks, and try various stretching techniques and equipment.

Did you know?
- Fruits and veggies are naturally low in calories.
- Fruits and veggies are nutritious in any form - fresh, frozen, canned, dried, and 100% juice
- The National Academy of Science says that 1 hour of exercises can help prevent diseases such as heart disease, stroke, type II diabetes, etc.

To learn more about healthy living, visit fruitsandveggiesmorematters.org

Summer Group Fitness Classes!

**Zumba™**
Tuesday and Thursday
6:00-7:00pm
Friday 12:30-1:30pm
and Sunday 3:30-4:30pm
Room 210

**Aquatics**
Arthritis Aquatics
Tuesday and Thursday
8:00-9:00am
Water Aerobics
TBA

Name: Rita & Julius McCoy
Occupation: Retired
Community Member
Member Since: January 2011

What do you enjoy most about the SHWC?
The efficient and professional staff, state of the art facility, and that you are greeted once you walk in the door.

How often do you visit the SHWC?
5 to 6 times a week, for at least 1-2 hours.

What is your exercise of choice?
Indoor-walking track, elliptical machine, and the rowing machine.

Words of encouragement/advice to those who want to get in shape?
“Exercise has helped with my arthritis. Plus it’s fun. You feel good, and look good!”

An interesting fact about Mr. and Mrs. McCoy:
Recently celebrated 31 years of matrimony, and are the loving parents of one daughter, Tiffany.
Make a Splash! New Summer Swimming Classes

Beginning June 6th, swim lessons will be offered for children ages 3 and up as well as adults. We will be incorporating the American Red Cross “Learn-To-Swim Program” into the swim lessons. 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.

Intramural Sports is Heating Up!

The Department of Intramural Sports & Recreation is ready to start the summer off with a bang! Some of the traditional activities have returned and are in full swing. Please see the schedule below.

Volleyball
Starts June 7th
Tues & Thurs 6pm-8pm

Step Aerobics
Starts June 13th
Mon & Wed 6pm-7pm

Racquetball Tournament
Starts June 18th
Mon-Fri 1pm-6pm

Hiking Trips
June 18th & July 16th
Saturdays 7:00am

Water Aerobics
June 18th & July 16th
Saturdays 7:00am

Kickball on the Quad
June 16th-July 24th
5pm-8pm

Fishing Trips
June 11, 18, 25
July 2, 9, 16, 23
Saturdays 6:00am
RSVP required

Racquetball Tournament
Starts June 18th
Mon-Fri 1pm-6pm

Tennis Tournament
June 16th-June 30th
5pm-7pm

RSVP required

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.

SAVE the DATE!

June 25th, 2011
An All Day Event

Family Bowl-o-Rama!

Come out June 25th, from 12 noon to 6:00pm, for a day of bowling at our Bulldog Lanes. Enjoy 2 hours of unlimited bowl for $6 per person plus shoe rental.

Connect With Us on Facebook and Twitter!

The HealthyAAMU 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

Summer Pool Schedule

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<tr>
<th>Monday through Friday</th>
<th>Open Swim</th>
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<td>8:00am - 7:30pm</td>
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<th>Saturday</th>
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<th>Sunday</th>
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Upcoming Events

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

Family and Friends’ Days!
Mark your calendars for June 25, 2011

Member’s Corner: Friendly Reminders

Yoga classes will not be available this summer, however, they will return in this fall.

We are now offering Pay Roll Deduction for AAMU Faculty & Staff. Sign-up forms are available at the Wellness Center front desk.