

## Member Profile

George Brown, BS, ACSM-CPT

### **Patricia Koehler**



The next time you see Ms. Patricia Koehler in SmartBodies, stop and say hello. She will not be hard to find. Patricia is in SmartBodies Monday through Friday afternoons.

She is originally from Vermont, but has lived in Rex for the past 28 years. She has two grown sons – Eric, who is 37 years old and married with a child named Riley, and Christopher, who is 35 years old and who is also married.

Patricia is not new to fitness as she remained active by skiing and ice skating until the age of 25. She ultimately curtailed her activities to have children followed by a 22-year teaching career in Healthcare Science at Stockbridge High School. Now that she is retired from teaching full-time, she substitutes at elementary and middle schools within Clayton County.

Outside of SmartBodies, Patricia remains active by playing tennis, walking around in the house while chatting on the phone, and she walks through the neighborhood.

Patricia recently joined SmartBodies and her routine consists of 30-minutes of cardio, one complete weight training circuit, 10-minutes of additional cardio, and finally some stretching.

It is interesting to note that before joining SmartBodies, Patricia had a membership at a private gym, but she did not feel comfortable with the young staff at the facility. So, she asked some of her church members if they knew of a good place to work out and many suggested SmartBodies. She stopped by Clayton State University to check us out and Patricia was impressed with the friendliness and professionalism of our staff. She also stated that, “I see people I know, it is easy to meet new people, no one is pressuring me to work out, and I like the dedication of the SmartBodies staff to work with older individuals to improve their quality of life.”

Since December, Patricia has lost weight and inches, lowered her total cholesterol by 12 points and increased her muscular fitness by adding one plate on

each weight machine. Once the weather gets warmer, she wishes to incorporate walking outside into her routine.

When asked what advice she would have for others contemplating getting started in fitness, Patricia says, “Just get started, don’t become discouraged, and keep on keeping on! You’ll feel physically and mentally better and you have nothing to lose but inches and pounds.”

## Medical Brief

By Janet Hamilton, MA, RCEP, CSCS



### **Fibromyalgia**

Fibromyalgia is a chronic syndrome that is poorly understood. Women are affected more commonly than men and the typical presentation of symptoms includes widespread and generalized pain in the muscles and joints and distinct areas of tenderness to pressure. The diagnosis of fibromyalgia is often one of exclusion, meaning that the doctor will first try to rule out a variety of other easily diagnosed problems and in their absence may return with the diagnosis of fibromyalgia.

The muscle pain is often accompanied by sleep problems and fatigue and some less common symptoms including headaches, morning stiffness, difficulty concentrating and irritable bowel syndrome. The symptoms of muscle pain often wax and wane, and some people note that their symptoms are triggered or worsened by things like cold and damp weather, periods of increased stress or overexertion.

Doctors do not know what causes fibromyalgia but some theories include brain chemical imbalances, oversensitivity of nerve cells in the brain and spinal cord, hormonal imbalances involving cortisol and growth hormone, and even disturbances of the deep phase of sleep. Researchers have struggled to find whether these observed phenomena are the result of the fibromyalgia or perhaps are a causative factor.

There is no cure for fibromyalgia but there are steps that can be taken to manage the symptoms. A key element of treatment includes the incorporation of exercise in the daily routine. Studies have shown that aerobic exercise not only increases muscle blood

flow but also releases substances in the brain which are associated with improved mood. Identifying sleep problems and enhancing sleep quality is another avenue of treatment. Some with fibromyalgia experience depression and anxiety related to the chronic syndrome and may benefit from pharmacologic intervention in the form of anti-depressant medications and cognitive-behavioral therapy or counseling.

As with many chronic conditions like Rheumatoid Arthritis or Lupus, Fibromyalgia requires a long-term approach to care. The good news is that the condition is not progressive and does not cause permanent physical damage. If you or a loved one suspects their symptoms may be due to fibromyalgia syndrome, consultation with a physician who specializes in the condition may be beneficial. Rheumatologists and Pain Management specialists as well as Physical Therapists and Psychologists may be called in to a team approach to your care.

For more information about Fibromyalgia and resources, log on to WebMD at <http://www.webmd.com> and type fibromyalgia in the search box.

### ***Nutrition Highlight***

*By Heather Jarrell, RD, LD*

### **Comfortable In Your Own Skin**

One of the great things about good nutrition is that not just one part of the body is helped, but several. When we eat adequate amounts of fruits, vegetables, whole-grains, lean meats, low fat dairy products, and use less sweets and fats (especially saturated or trans fats), the entire body benefits. Proper nutrition is helpful in maintaining a healthy heart, liver, eyes, kidneys, blood pressure, and blood sugar, to name but a few areas.

The skin is also the recipient of all this nutritional good will. Your skin is the largest organ of your body. It provides the first line of defense against harmful substances, germs, scrapes, bumps, and ultra-violet light. Your skin, however, is still vulnerable to the very things it protects against as well as dry environments, dehydration, smoking, pollution, allergens, hormonal changes, lack of exercise, stress, aging, genetics, and poor eating habits.



Several nutrients are required to keep skin healthy and functioning properly. Among these nutrients are vitamin C, iron, zinc, calcium, cobalt, nickel, vitamin A, vitamin D, biotin, essential fatty acids, manganese, sodium, chromium, omega-3 fatty acids, various amino acids (from proteins), and other antioxidants.

Drinking adequate fluids (non-alcoholic and non-caffeinated) supports soft, smooth skin, and wound healing. Adequate protein (such as from beans and meats), antioxidants (such as from fruits and vegetables), essential fatty acids and omega-3 fatty acids may actually help slow skin aging.

Antioxidants, omega-3 fatty acids, soybeans, vitamin D, and less alcohol may aid in skin cancer prevention.

Pamela Stuppy, MS, RD, LD in an article from Today's Dietitian Magazine puts it this way, "an overall healthy diet not only improves skin integrity and vitality but reduces the risk of numerous skin related conditions." It is interesting to note that this same healthy diet goes on to support other areas of the body.

Here are a few tips that may help support the health of your skin. Please note that your specific nutritional needs may differ from the tips given here, especially if you have diabetes, kidney or liver disease, or other health issues. Please check with your doctor to make sure these tips are okay for you to follow.

1. Drink at least 8 cups (64 fluid ounces) of water or other non-caffeinated, non-alcoholic fluids per day.
2. Eat 5-9 servings of fruits and vegetables per day. In general, one serving equals 1 cup raw or ½ cup cooked.
3. Choose lean meats, legumes/dried beans, and whole-grains.
4. Choose good sources of omega-3 fatty acids such as salmon, tuna, walnuts, and flax seed.

When possible, strive to get nutrients from real food instead of supplements. As always check with your physician before taking any vitamin, mineral, or herbal supplement. For more information or to speak with a registered dietitian, please call (678) 588-0887.

#### **Sources:**

Stuppy, Pamela, Today's Dietitian Magazine. "Nurturing Skin From the Inside Out." November 2006.

National Cancer Institute. Antioxidants and Cancer prevention fact sheet.

[www.cancer.gov/newscenter/pressreleases/antioxidants](http://www.cancer.gov/newscenter/pressreleases/antioxidants)

## The Bottom Line

By Neil Gewirtzman, BS, CSCS

### **Weight Training Myths & Realities**

As you may know, there are many myths and misconceptions surrounding the area of weight training and fitness. Take the quiz below and see how well you do.



- 1. True or False? High reps and low weight create muscular definition while heavy weight and low reps create muscular “bulk”. Answer – False!**

Muscular definition is simply a matter of how much fat and or water you have between the muscle and the skin as well as skin tone. You can have the largest muscles on earth but if you have a layer of fat covering them you will not display much definition. Likewise, all the reps in the world will not remove fat or water from localized areas of the body. There is no such thing as “bulk”! There is only muscle, fat, and water. To build muscle and decrease subcutaneous fat, increase high duration, moderate-intensity exercise and decrease caloric intake respectively.

- 2. True or False? You can actually “shape” a muscle by doing certain exercises. Answer – False again!**

A muscles shape is largely determined at birth but until you embark on a muscle building program you will never really know what your genetically predetermined muscle shape is. The trick here is to pick the right parents, work hard and smart in the gym and see what you wind up with; you might be surprised!

- 3. True or False? Lifting weights will make you slow. Answer - False!!**

Nearly every athlete in virtually every sport does some form of strength training to become faster. The speed at which you run is generally determined by three things: a) stride length, b) stride frequency and, c) force production. While stride length and frequency can only be improved so much, force production can be improved for practically an indefinite period of time with proper strength training.

- 4. True or False? If you want to gain muscle mass you have to eat lots of protein. Answer – you guessed it – False!!!**

Look at it this way. The most muscle one can realistically hope to gain in a given year (without hormonal assistance) is around 10 pounds. Muscle is comprised of approximately 70% water and about 30% protein. Therefore, the amount of dietary protein you need over and above maintenance levels (the RDA is .8g/kg of body weight) is really quite small. The proper way to gain muscle mass is to eat a healthy diet and work hard in the weight room!

- 5. True or False? Arnold is the greatest bodybuilder ever! Answer– True and False.**

If greatness is determined by popularity then yes, the “governator” is far and away the greatest. But, in terms of bodybuilding victories in the world, that honor goes to Ronnie Coleman who has nine Mr. Olympia victories to Arnold’s seven victories.

The bottom line regarding weight training is that you need to know precisely what it does and doesn’t do and what kind of results you can expect from a well structured weight training program. Properly performed, resistance training will make muscles bigger, stronger and less prone to muscle injury. Ultimately, this will result in increased fat metabolism, a more “toned” appearance and increased bone mineral density.

### Fit Tip

By Dean Gilewicz, Junior Health & Fitness Management Student



### **Change Things Up To Get Results!**

Is your training becoming very mundane? Have you been exercising the same way for too long? Are you training hard but not seeing results?

There are many people who have continued to use the same resistance exercise regime for many weeks, months, or even years! Performing the same exercises day in and day out can actually slow your gains in developing muscular strength. The body adapts to changes, so by changing the way you work muscles you can make the body work harder, and therefore increase the strength gains that you deserve.

There are many different ways that you can train your muscles to constantly keep your body changing and adapting to improve your strength gains. Try including any of the resistance training variations

listed below the next time you workout and see how you can “kick start” your workout.

### 1. Super Set Training

Select 2 exercises, one for each opposing pair of muscles (antagonistic pair), e.g. biceps and triceps. Perform a set with the first exercise, followed immediately by the second exercise, without rest. For example, biceps curl – triceps extension. Repeat for as many sets and reps as desired.

### 2. Breakdown Training

This is also known as descending / Drop Sets. Select an exercise. Perform as many reps as you can, to failure. Without rest, decrease the load and perform further reps until failure is reached again. Decrease the load a final time and perform further reps to failure.

### 3. Pre-Exhaust & Post-Exhaust Training

This type of training is also known as compound training. Pre-exhaust is where an isolation exercise is performed to pre-fatigue the muscle prior to performing the compound (main) exercise. For example, in bench press, pec-deck or flyes is used to pre-fatigue the pectorals prior to performing the bench press. Post-exhaust is the opposite of pre-exhaust, in that you perform the compound exercise first, followed by an isolation exercise.

### 4. Assisted Training or “Forced Reps”

Perform the exercise to exhaustion, and then use a spotter to assist you in performing 2-4 extra reps with good form.

### 5. Negative Training

Select a load in excess of 1 rep max. A spotter helps you lift the resistance in position and you lower the load to the start position unassisted, as slowly as possible. The spotter then raises the resistance allowing you to lower again unassisted. This is performed for a desired number of repetitions. This technique is typically used with highly trained people and is commonly associated with delayed onset muscle soreness.

### 6. Partial Repetition Training

Following completion of any exercise, where the resistance can no longer be lifted through a full range, perform 5 or 6, half or partial reps.

**Reference:** Steve Plant. Advanced Resistance Training. London: YMCA Fitness Industry Training, 2002.

## **RSI Feature Introduction**

*By Cindy Lauer, MEd, LAT, ATC, ACSM-cPT*

This is a new feature to Smart News which will highlight the events going on in the **Department of Recreational Sports & Intramurals (RSI)**. I’m sure you are wondering what RSI has to do with SmartBodies?

Well, as a part of a departmental reorganization within the University, SmartBodies has been newly located to the Division of Student Affairs. As such, a transition is in the works to merge the intramural programs and staff with the SmartBodies programs and staff to form one unit of Recreational Sports & Intramurals.

As well, we are very happy to have Angela Avery-Jones and Rashad Sanders join our fabulous team!

Overall, we are very excited with this redesign and believe the change will better serve the students and employees of Clayton State University.

## **RSI Feature**

*By Rashad Sanders, BS, ISSA-cPT & Angela Avery-Jones, BS*

## **The Secret Is Out!**

Its official, the Clayton State University, Recreational Sports & Intramural department (RSI) has made headlines! Over the last few months, the department has changed its name, organizational structure and even added new staff members. Despite the changes, RSI hasn’t missed a beat and has maintained a high level of program offerings.

2007 started off with Assistant Directors, Rashad Sanders and Angela Avery-Jones, leading the second **annual ski trip** to Wolf Ridge, in Mars Hill, North Carolina. A record 86 students attended the RSI sponsored trip! The make-up of the students on the trip mirrored the ethnic diversity of Clayton State University and made the trip extra special. More than half of the students on this year’s trip had never skied or snowboarded before but it was very apparent that everyone had a great time skiing down the slope! Despite the cold, frustration and bruises from falling, no one gave up on the task at hand, conquering the mountain.

**The aerobic and fitness classes** have also started off with a bang this year. With class offerings ranging from hip-hop aerobics to Pilates, we have plenty to offer for those looking to incorporate exercise in their lifestyle. Within the first two weeks of classes, the averaged attendance was 20 participants per class!

College athletics is the pulse of universities across the country. With the 2006-2007 Laker basketball teams ranked amongst the nation's best, the **Wrecking Crew** was conceptually formed in the Fall of 2006 as the official cheering section for the Clayton State Lakers with a mission to pack the stands. To date, there are 84 spirited members who not only bring the noise to the Athletics & Fitness center during home contests, but also on the road. Our section has out cheered our competitors fans (with 3x's the amount of people) time and time again. The vibrant orange and blue shirts make us hard to miss.

Our Lakers need your support!

Upcoming **Intramural sports & Outdoor Adventure trips** include:

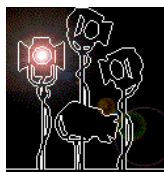
- **Bowling Extravaganza - March 15**
- **Five-on-Five Basketball - March 23**
- **Whitewater Rafting Trip (North Carolina) – April 14**
- **Softball - April 15**

Please call **678-466-5428** for more details on any of these fun opportunities.

Well, that is the latest wrap-up for this edition. Be on the lookout for new and exciting changes within the RSI department to meet the needs of the University.

### Program Spotlight

By Cindy Lauer, MSED, LAT, ATC, ACSM-cPT



### **Choose 2 Lose!**

Hats off to George Brown who is coordinating this great incentive program / contest for all the participants! Please see George if you have any specific questions.

The purpose of this contest is to motivate individuals to get serious about healthy weight loss and to increase their level of physical activity. Research shows that being overweight, (specifically over-fat), increases one's risk of chronic diseases such as diabetes and cardiovascular disease. As well, a sedentary lifestyle leads to a downward spiral in one's physiological health and quality of life.

It isn't too late to get in the game as it continues through April 30, 2007! Simply sign up for the

contest on the "Registration Form" at the front desk of SmartBodies. The percentage of weight decrease will be recorded and posted for motivational purposes.

We ask that you schedule an appointment to meet with the Fitness Instructor in order to obtain your starting weight, waist and hip measurements, and body fat percentage.

We ask that you officially weigh in with the fitness instructor each week on the same day (Thursday or Friday) in order to track your progress. As well, during week seven of the contest, you may schedule to have your body-fat checked. Each participant's progress will be posted which also serves as a motivational tool.

Of course, at the end of the contest you will have your body fat checked to determine your overall success!

A series of ten FREE educational sessions are being provided in an effort to support to the goal of healthy weight loss. These sessions are 30-45 minutes on average and you are strongly encouraged to attend as many as possible. The topics and dates of the sessions are provided. All sessions will take place the Athletic & Fitness Center, room 45. Please feel free to bring your lunch / snack.

The seminars take place on Tuesdays at 5:30 pm and repeat on Wednesdays at 12:15 pm. The remaining seminar topics include:

- ◆ **Mar 13 & 14 - Boosting Your Metabolism** – Is boosting your metabolism really possible? Metabolism and the general factors affecting metabolism will be discussed.
- ◆ **Mar 20 & 21 - Fitting In Fitness** – Burn up a calorie here and a calorie there... a number of suggestions will be presented that will show you how to sneak calorie-burning opportunities into your day.
- ◆ **Mar 27 & 28 - The Accountability Factor – Do You Really Want To Eat That?** - A candid discussion about the food we put in our mouth without even realizing it.
- ◆ **Apr 10 & 11 - Defensive Dining** – Whether at home or at a restaurant, learn the little tips to keep you on track toward your goals.
- ◆ **Apr 17 & 18 - Drinking The "Cool-Aid"** – It takes about six months to adopt a new habit – are you on your way? This is probably the most important discussion as we near the end of our program. Please plan to attend!

### Staff Snapshot #1

By Lydia Vanderford, MS, LAT, ATC

#### **Angela Avery-Jones**



Angela Avery-Jones is the epitome of energy and enthusiasm. Born in Milwaukee, WI but raised in Champaign, IL, she is very much a “mid-west” girl. She confesses she loves boating as she would often return to

Milwaukee in the summer to visit family and spent a lot of time on Lake Michigan.

The primary outlet of her energy in high school was track and she owes her involvement to the encouragement of her favorite middle school teacher (Physical Education). Growing up, Angela was very active and loved to run – and it just so happens she was fast! She ran the 100, 200 and 400-yard races, and her high school relay teams went to state all four years. She also ran for one year at the University of Illinois – Urbana / Champaign. However, her favorite accomplishment involving track, was working as a high school sprint coach during her four years of college.

Angela received a B.S. in Communication from UI, but while going to school she not only worked as a sprint coach, she also worked in production at a local CBS affiliate TV station, and at Best Interest of Children, a non-profit organization focused on uplifting at risk youth. Upon graduation, with all of this experience under her belt, she knew she could go anywhere she wanted and get a job. And that anywhere was Atlanta!

Angela came to Atlanta in May of 2001 and took a job as a secretary for GA Soccer. It was fun, but she wasn't involved enough, so she continued her job search. Within a month of moving to Atlanta, she had learned of, applied for, and been hired on as the Director of Student Activities at Gordon College. During her tenure there, she increased programs and student participation by 75 percent! WOW!!!

Another perk of her time at Gordon College was the opportunity to meet and work with Jeff Jacobs. So when the position for **Assistant Director of Campus Life** here at Clayton State came open, she decided it was time for a move. Thus Angela has been with us since Spring 2003 and we are excited about the reorganization of various departments that has brought us all together. Please take opportunity to meet and get to know Mrs. Angela Avery-Jones. You'll definitely be glad you did!

### Staff Snapshot #2

By Lydia Vanderford, MS, LAT, ATC

#### **Rashad Sanders**



Rashad comes to us by way of Louisville, Kentucky, which is where he considers “home” as that is where he has lived the longest thus far. Rashad was actually born here in Atlanta, but only lived here for three months before moving with his

family to Germany. Yes, he is an army brat and growing up he moved around a lot!

Rashad received a B.S. degree in Marketing from Oral Roberts University in Tulsa, OK in 2003. However, in 2004 he made his way back to the lovely peach state.

Rashad works as the Assistant Director of Recreational Sports & Intramurals within the Division of Student Affairs. Rashad has a keen interest in fitness and exercise and has a personal trainer certification from the International Sports Sciences Association (ISSA); he also has plans to pursue a second personal training certification through the American College of Sports Medicine (ACSM) in the fall.

For about two years on the side, Rashad taught an aerobics class at a church in McDonough and also works at his church's “Body Sculpting Center”. Through his personal training ventures he was privileged to meet State Senate Representative Emanuel Jones, who has since become one of his personal training clients.

Rashad's other interests include travel, reading, movies, and bowling. He has no family in the area, so as he put it, “The school is my family”. In the fall Rashad plans to begin work on his Master of Science degree in Sports Administration at Georgia State University.

Welcome Rashad! We are glad to have you with us!

### Announcements

By Cindy Lauer, MSED, LAT, ATC,  
ACSM-cPT



#### **Physical Education Course Changes – Senior Citizens Impacted**

As a part of the continued reorganization that is taking place at Clayton State University, all physical education courses have been placed under the

department of Health Care Management. Therefore, the courses are currently undergoing a “make over” and the semester that they will be offered is changing. As such, **no Fitness & Wellness classes will be offered for the summer of 2007.** This has implications for those senior citizens who traditionally opt to take PHED 1040, Fitness & Wellness IV as an audit.

As a reminder, SmartBodies offers a reduced membership for seniors; in addition to monthly memberships, a three-month individual plan runs \$92 or \$162 for the companion plan.

Should you have any specific questions, please do not hesitate to contact Cindy Lauer. On behalf of SmartBodies, I apologize for any inconvenience this may cause you.

### **Student Summer Membership Special - ONLY \$50!**

It won't be long until the spring semester is over and students will be looking for the great summer deal at SmartBodies. Since no fitness & wellness courses will be offered, we will do what we can to keep you moving!

I'm pleased to announce that the summer rates for **CSU STUDENTS** who have had the PHED 1010 class will be **ONLY \$50!** As well, to assist those students who have not had the PHED 1010 course, we have a special price of \$65 which also includes a mini assessment. This special price covers the period of May 1 – August 31, 2007. Note – SmartBodies is closed on Sundays during the summer starting May 6th.

### **Congratulations Aletha!**

We are very pleased to announce that Aletha Binion has successfully obtained a second personal trainer certification for the National Academy of Sports Medicine (NASM). Great job Aletha!

### **The Youngsters Will Return At The End of May For Camps!**

Every summer, Clayton State's athletic coaches and Continuing Education Department put on various camps for the local community. Although it creates a LOT of NOISE in the lobby and at times is a parking nightmare, these camps are a positive experience for the children. Additional parking is available at Spivey Hall, Continuing Education, and the lot located to the left of the stop sign at Weltner drive. Thank you in advance for your patience!



### **Summer Hours Start May 1<sup>st</sup>**

Beginning **May 1<sup>st</sup>** through August 20<sup>th</sup>, SmartBodies will close at 8 pm in the evenings and also on Sundays throughout the summer. We apologize for any inconvenience this may cause; however, the summer is a very slow time for fitness centers in general – everyone is playing outside and that is a good thing!

### **SmartBodies To Be Closed Memorial Holiday Weekend**

Yes, while May is months away, it never hurts to provide our patrons with information in advance. SmartBodies will be closed for the three day weekend, May 26-28, to allow employees to spend time with their families. We certainly hope that you safe and enjoyable holiday as well.

### **Surf's Up!**

By Cindy Lauer, MEd, LAT, ATC, ACSM-cPT



### **A Quality Web Site To Provide Information for YOU!**

The following information is provided by directly from the **Shape Up America! Newsletter**, for February, 2007, [newsletter@shapeup.org](mailto:newsletter@shapeup.org)

[MyPyramid Tracker](#) is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information.

The Tracker translates the principles of the [2005 Dietary Guidelines for Americans](#) and other nutrition standards developed by the U.S. Departments of Agriculture ([USDA](#)) and Health and Human Services ([HHS](#)).

On the Center for Food Safety and Applied Nutrition of the U.S. Food and Drug Administration (FDA) web page is [Information about Losing Weight and Maintaining a Healthy Weight](#), which provides support for continued attention to weight management. The Weight Control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases provides tips on being [Active at Any Size](#) and on [Weight Loss for Life](#).



## Healthy Heart Recipe

By Cathy Brooks

### **Chicken, Artichoke, And Wild Rice Casserole**

- ❑ 1 (6-oz. package wild rice, cooked without salt or fat
- ❑ ½ teaspoon salt divided
- ❑ ¼ teaspoon paprika
- ❑ ¼ teaspoon pepper
- ❑ 6 (4-oz) skinned, boned chicken breast halves
- ❑ Vegetable cooking spray
- ❑ 1 tablespoon margarine
- ❑ 1 (14-oz) can artichoke hearts. drained and cut in half
- ❑ 3 1/3 cups sliced fresh mushrooms
- ❑ 3 tablespoons plus 2 teaspoons all-purpose flour
- ❑ ½ teaspoon dried rosemary, crushed
- ❑ 2 ¼ cups canned low-sodium chicken broth, undiluted
- ❑ ½ cup dry sherry

Spoon wild rice into an 11-x 7-x 2-inch baking dish; set aside. Sprinkle ¼ teaspoon salt, paprika, and pepper over chicken; set aside. Coat a large nonstick skillet with cooking spray; add margarine, and place over medium heat until margarine melts.

Add chicken, and cook 4 minutes on each side. Arrange chicken on top of rice; top with artichoke hearts, and set aside. Add mushrooms to skillet, and sauté over medium heat 5 minutes.

Combine remaining ¼ teaspoon salt, flour, and remaining ingredients; stir well. Add to skillet; cook 3 minutes, stirring constantly, or until thickened and bubbly. Spoon over chicken. Cover and bake at 375 for 55 minutes or until thoroughly heated.

**Yield:** 6 servings.

**Per Serving:** 311 Calories (13% from Fat), Fat 4.6g (Saturated Fat 0.9g), Protein 33.8g, Carbohydrate 34.1g Cholesterol 66mg, Sodium 370mg.

## Frequently Asked Questions (FAQ)

By Cindy Lauer, MEd, LAT, ATC, cPT-ACSM

### **Is Clayton State Getting A New Building?**

Yes – actually two! Plans are being finalized for a new residence hall and for a student activities center. The ground breaking for both projects is anticipated for this summer. The projected completion date is the fall of 2008. We'll keep you posted!

## SmartBodies Reception Staff

- ◆ Cathy Brooks
- ◆ Brandon Marshall
- ◆ Patty Boone
- ◆ Cheril Gumbs-Nelson
- ◆ Albertina “Tina” Green

## SmartBodies Professional Staff

- ◆ **Cindy Lauer**, MEd, LAT, ATC, ACSM-cPT – Director, Assistant Professor
- ◆ **Janet Hamilton**, MA, RCEP, CSCS – Exercise Physiologist, Assistant Professor
- ◆ **Lydia Vanderford**, MS, LAT, ATC – Rehab Coordinator
- ◆ **George Brown**, BS, ACSM-cPT – Prog. Coord.
- ◆ **Neil Gewirtzman**, BS, CSCS – Part-time Fitness Instructor
- ◆ **Porsha Hall**, BS – Part-time Fitness Instructor
- ◆ **Aletha Binion**, BS, ACSM-cPT, NASM-cPT – Part-time Fitness Instructor
- ◆ **Karyn King**, BS, WFI – Part-time Fitness Instructor
- ◆ **Paul Stanko**, BS – Part-time Fitness Instructor



## SmartBodies Services – (Additional Fees Apply)

- ◆ **New Directions Rehab Fitness Therapy** – Lydia Vanderford, MS, LAT, ATC
- ◆ **Personal Training** – One-on-one exercise instruction with a certified fitness professional.
- ◆ **Integrated Wellness Massage Therapy** – Michael Clark, BS, NCTMB, MLD/CDT
- ◆ **Nutrition Consulting** - Individualized Nutrition & Weight Management Consultation – Heather Jarrell, RD, LD
- ◆ **Running Strong** - Personalized Coaching for Runners and Walkers - Janet Hamilton, MA, RCEP, CSCS