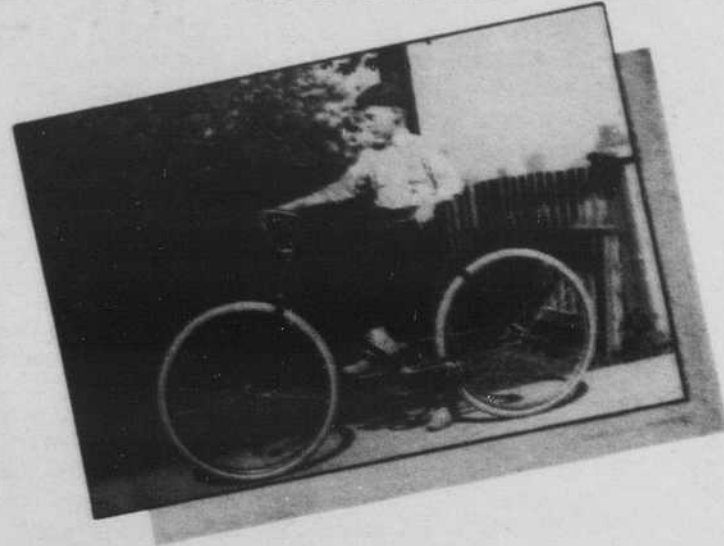


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How to burn off last night's pizza

Aerobics best for getting into shape

By Mark Johnson
Of the Emerald

Veg-e-tate (vej' e-tayt'), 1. to grow as plants. 2. to lead a very inactive life.

Although there are serious doubts that people can be likened to plants, an exception could be made toward believing that many of the University's students fall under definition number two.

If you now find yourself physically stagnant, as many University students do, wallowing in your room after a hefty meal in the dorm cafeteria, the vegetation process has begun. Usually, students don't realize the results of inactivity until it's too late.

Some of us find out the hard way, learning new vocabulary words from friends such as beergut, Michelin Man (he always carries a spare) and Pillsbury Dough Boy, until they threaten to become nicknames.

Once you have resigned yourself to "getting back in shape," there remain the questions: What's available? What sport or program is best for me? How can I get started?

According to Dr. Frank Baynes, of the University Health Center, a good place to start is with books.

"There are several good books on conditioning you can buy at most of the local bookstores," Baynes said, "depending on what you're looking for, you can probably find it in a number of books."

Using the books as a reference point, Baynes

That's 10 minutes of jogging you're munching there

Food	Calories	Walking	Cycling	Swimming	Running	Sitting
Bacon, 2 strips	96	18	12	9	5	74
Beer, 1 glass	114	22	14	10	6	88
Carbonated drink, 1 glass	106	20	13	9	5	82
Cottage cheese, 1 tbsp.	27	5	3	2	1	21
Donut	232	45	28	21	12	178
Fried egg	151	29	18	13	8	116
Fried chicken, 1/2 breast	110	21	13	10	6	85
Ice Cream, 1/2 pint	193	37	24	17	10	148
Milk, 1 glass	166	32	20	15	9	128
Milk, skim, 1 glass	81	16	10	7	4	62
Pizza, cheese	180	35	23	16	9	138
Hamburger	350	67	43	31	18	269
Spaghetti, 1 serving	396	76	48	35	20	305

adds, can serve the beginner well, allowing the person to choose the best program which is best acclimated for that individual.

Baynes cites classes offered by the University's physical education department as another starting point.

"The conditioning classes offered branch off into many areas which can get you ready for a lot of sports."

Jan Howell, athletic trainer at the Health Center, also stresses the importance of finding an activity that you can stick with." Howell said, "something that fits your time schedule and lifestyle."

"Sometimes when people start a new activity they tend to be overzealous, when they really need to find an activity that they can be gentle with."

Common activities which Howell says fit these criteria are many of the aerobic exercises.

Although running, also an aerobic activity, has become an institution in Eugene, there are viable alternatives for those who do not like to run. Baynes says these types of exercises are "just as good on the cardiovascular system as running, and also helps with the body tone and overall health."

Some of the most popular aerobic activities include swimming, jogging, cycling, cross-country skiing and aerobic dance, as well as numerous others.

In simple terms, aerobics involve an endurance activity which increases the oxygen demand of the lungs and heart. These demands force your body to process and deliver the oxygen. An aerobics program, through the increasing use of oxygen consumption, increases fitness.

In comparing some of the aerobic activities, running consumes the most calories. Taking 114 calories, which is the equivalent to one glass of beer (a favorite beverage of one who vegetates), it would take six minutes of running to burn it off. Swimming ten minutes, cycling for 14 or walking for 22 would also burn 144 calories. But for each glass of beer, it takes 88 minutes of reclining to burn that many calories.

Keeping fit is not the only strong point of being active.

"It also helps the stress level," Howell says, "the activity can serve as a diversion to get away from the stresses of school, which is important."

Howell also adds that a good way to begin a fitness program is to "know your body and how it works and then determine what you want to accomplish."

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A few ideas on ways to shape up
So now you've decided to shape up, but jogging just doesn't do it for you. Where do you turn?
Fortunately, there are a number of on- and off-campus alternatives to Eugene's numerous jogging trails. Some are free for the taking, and some require a bit of money. By no means complete, the below offers a range of possibilities.
Campus sources offering conditioning or recreational opportunities include:
P.E. CLASSES — This is probably the best outlet for the beginner. Conditioning classes start at levels suited to everyone and can help to establish routines that are easy to follow. Other activity classes are offered that are also suited for the beginner (Information available in 186 Esslinger).
CLUB SPORTS — Although club sports seem to be geared for the more competitive athlete, it is open to most skill levels and offers a wide range of sports. The emphasis is more on the accomplished athlete than on someone who wished to begin a fitness program, yet it seems to be an excellent outlet for the ex-athlete who wants to remain active (Information available in Room 5 EMU).
RECREATION — RIM provides facilities such as Esslinger and Gerlinger Halls for individual informal work-outs during open walk-in hours. Activities include basketball and volleyball in the gymnasiums, raquetball, handball and squash in the Esslinger courts, weight facilities in both buildings, tennis in the covered courts, and much more. Admission is free with a stamped fee card.
Off campus, you've got to shell out the bucks to shed the pounds.
COURTSPOITS (2510 Oakmont Way or 4242 Commerce) — Both facilities offer racquetball and handball courts as their specialties. Basketball courts, weightrooms are offered, as well as jazzercise and exercise classes. Student rate for initiation fee is \$35.00, with a monthly \$25.00 charge. Open 7 days a week.
PACIFIC NAUTILIS (55 W. 6th) — Weights, saunas and exercise facilities are the only things offered. Open 7 days a week. \$40.00 initiation fee is a 33 percent discount rate. Monthly charge is \$15.00.
YMCA (2055 Patterson) — Close to campus, the "Y" offers a pool, gymnasium, weight and exercise rooms, raquetball and squash courts, whirlpool, sauna and steam rooms. Day passes are \$3.50 for adults, but membership fees are often discounted. The basic rate for students is \$190.00 for a 13 month membership (about \$14.50 per month), with a \$30.00 initiation fee.

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