

Do the EMU Workout, you maniacs — maniacs

"This is your conscience. You've spent all summer gnashing nacho cheese Doritos and guzzling beer in front of the TV by the pool. When you look down to see your toes — if you can see your toes — it seems like you are gazing over the curvature of the earth. Let's face it, you've turned into a quivering mass of pasty flesh. There's only one thing left to do — it's time to get in shape and do the EMU Workout. C'mon you turkeynecks, assemble in the EMU Recreation Center."

The best way to start is to do warm-ups in the bowling alley. Stretch those muscles.

ultimate frisbee, volleyball, waterpolo? It gives you sore muscles just reading all the coeducational activities.

The handles are shivering and the flab is just burning up — climb the green steps, it's time for "roadwork" in the Taylor Lounge. One thing about doing a few miles in Taylor Lounge, we have to be careful not to disturb the people sitting on the couches studying or reading the newspaper. The comfortable atmosphere of Taylor Lounge makes it a good place to relax.

Huff puff huff puff — got to swear off the popcorn.



Watch out for the bowlers. The recreation center has two bowling alleys. There are bowling tournaments, leagues, classes and exhibition throughout the year. Once a year a campus-wide tournament selects representatives to compete in the Association of College Unions International regional games for ACU-1 Region XIV.

After dodging those hooking bowling balls, let's jog through the billiard room and around the dart board. The recreation center has many distractions that could sway the less-than-obsessed exerciser. Beware of the foosball, table tennis, shuffleboard and traditional games like backgammon and chess. Especially be careful of the video arcade with Ms. Pac-Man, Zaxxon, Pole Position and Centipede. We should be doing sit-ups, not sit downs.

It's a good idea to catch our breath, then run-in-place in the Outdoor Program. Individuals can initiate environmental projects through the auspices of the Outdoor Program. Trips or activities like climbing or river running can come together when people get together in the Outdoor Program.

"She's a maniac... maniac."

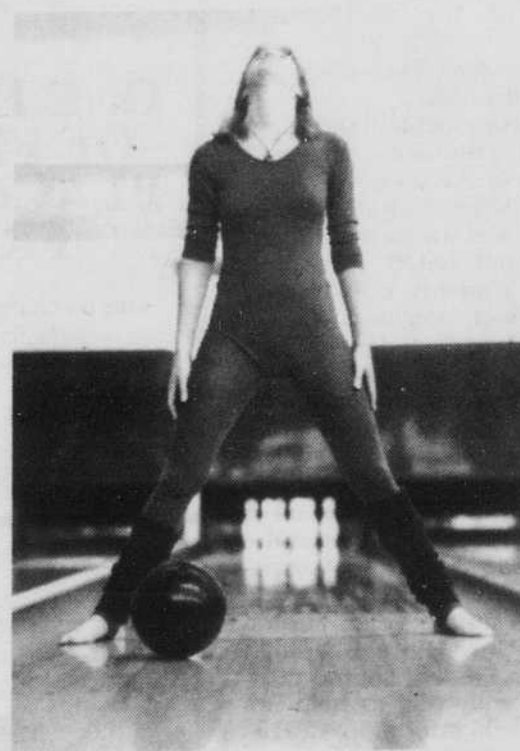
Now, let's get ready for the next series of exercises. Jog to the Club Sports office. Jumping Jacks — ready 1...2...

Club Sports is the "weekend warriors" paradise, providing students, staff and faculty with opportunities to compete in a variety of activities. If your thing is badminton, there's a club with membership in the Oregon Badminton Association. How about baseball, bicycling, crew, equestrian, fencing, handball, judo, karate, korfbal, lacrosse, rugby, sailing skiing, soccer,



After cartwheels in the alcove gallery, we're going to hustle down to the student's program suites. Okay, take a break, there's such a bustle of activity already in this area we might run into ASUO politicians — literally. In the suites is a mixture of student groups such as the ASUO, SEARCH, SUAB, OSPIRG and other such acronyms. Also down in this part of the EMU is the Cultural Forum and the Off-campus Housing Office.

Back up to the stairs — we're going to do

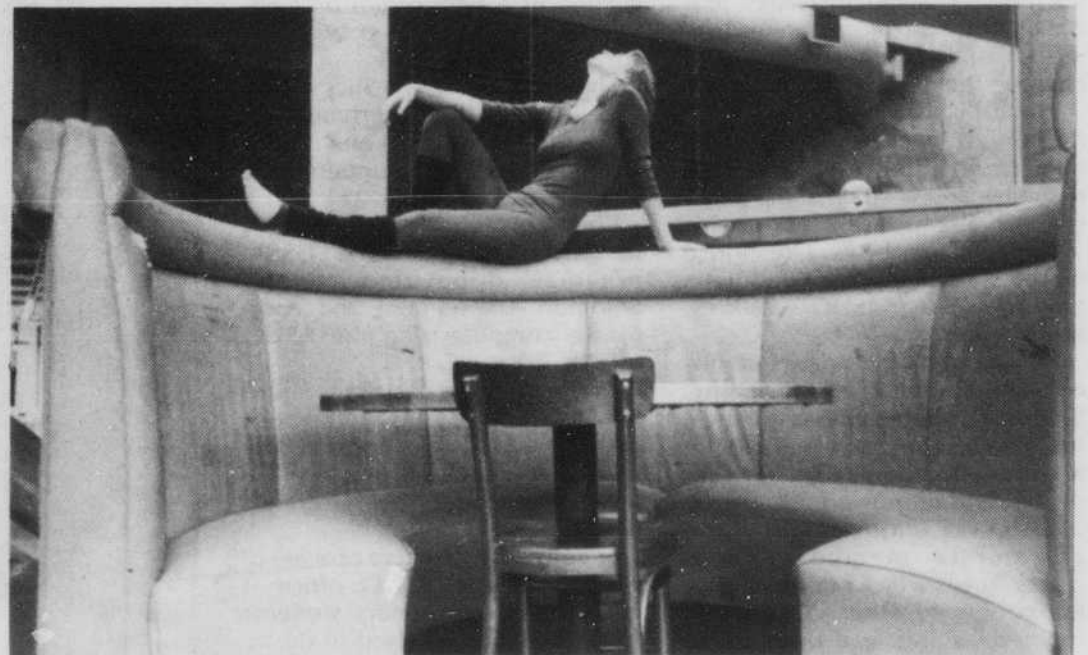


from the stage. 1...2...3 kick. Do you like soul music? There have been some memorable concerts in the ballroom like The (English) BEAT and Iggy Pop. One thing to remember — stage-diving is not permitted. The ballroom is also the site of symposiums on a variety of intellectual pursuits.

This is a tough exercise, not recommended to anyone who hasn't the dedication to buy sweats, leg-warmers and rounded head-bands. On this one we'll leap from one booth to the other in the Skylight Refectory. Under the 4,000 square foot skylight we'll bounce like rabid bunnies from one booth to the other. If it all gets too dangerous, sit in a booth and read what the vandals have written. Some people have no couth.

We're almost through with the complete EMU Workout. Now we come to the third floor where the offices of GALA, Women's Referral and Resource, Legal Services, ESCAPE and the Daily Emerald are located. Let's do some leg-lifts here. Ready, go.

Hasn't this been fun? There's so much more to see in the EMU. Why don't we start



push-ups in the University Post Office. Down...up...down...up.

That's 50 initt? Close enough. Let's hit the stairs, sprint past the International Student Lounge and sprint through the second-floor art gallery. Here's the ballroom where you can do some kicks

from the beginning and do it all again? Well, on second thought, let's go get some Doritos and a diet soda.

Story by Cort Fernald
Photos by Mark Pynes

SHAPE-up courses available

Finding the discipline to exercise regularly is difficult for everybody.

Signing-up for a physical education activity course is one way to get motivated — the grade and \$20 fee makes a person more willing to jump out of bed and into the swimming pool before the sun comes up.

However, the College of Human Development and Performance has an alternative for those who need less motivation. It's called SHAPE.

The year-old Sport, Health And Personal Excellence program allows students to "audit" activity courses for a fee.

Students take the class along with regular students, pay \$20 for most classes and receive no credit or grade for the class.

Community members may also sign up, usually for \$25.

To sign up for the program, go to Gerlinger Hall, beginning today from 8 a.m. to 5 p.m., Monday through Friday.

Can the University's \$30 Academic Speed Reading Course be as good as the \$500 Commercial Speed Reading Course?

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For more information contact
The Learning Resources Center
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