

# Indoor exercise: staying fit through the winter

By Mary Courtis  
Of the Emerald

How do people keep fit in the winter?

Considering the frequency with which the Oregon rain gods let fly, this is not an idle question. Exercise enthusiasts seem faced with the choice of being fit and soggy, or dry and guilty.

Fortunately, there are now several alternatives.

For serious cyclists, "trainers" or support bikes are available to maintain fitness through the winter months. Trainers work on the principle of resistance. The support bike is suspended above the floor on rollers or other apparatus, enabling the cyclist to pedal vigorously indoors and obtain a satisfying workout. Cyclists can work out in front of the television if monotony is a problem.

"Trainers help improve endurance and stamina," says Mick Berlincourt, a mechanic at Pedal Power, a bicycle store in Eugene. "They are very popular."

Fitness enthusiasts who like to exercise in a social atmosphere might consider joining a gym or fitness club.

"Weight training is a popular alternative to the usual exercise class," said Mark Delp, manager of Delp's Body Building and Health Club. "It is based on the principle of progressive resistance and allows

each person to work at their own pace. It is also more efficient than dance aerobics."

At the Oakway Spa, patrons can take advantage of dance and water aerobics and stationary bikes in addition to weight training.

"Our most popular program is conditioning with aerobics," said Assistant Manager Greg Kirkham. "This usually involves 20 minutes on the treadmill or bike, followed by 30 to 40 minutes of exercise with floor weights and another 30 minutes in the pool area swimming laps or relaxing in the sauna."

Other clubs, such as Nautilus, make an effort to tailor the exercise program to fit individual needs and inclinations.

"When a new customer comes in we have them fill out a two-page questionnaire on their goals and time constraints," said Nautilus owner John Joseph. "Then we go over it with them and determine what their needs are."

Most women opt for a program of general conditioning and weight reduction, while men are either interested in muscular endurance or body building, Joseph said.

"We also encourage people to practice some other form of exercise, such as swimming, hiking, jogging or walking on the days they do not work out at the club," he said. "We are busiest

during lunch hour and right after work. But the best time to beat the crowds is between 7 and 11 a.m., 1 to 4 p.m. and 7 to 10 in the evenings. And of course we are open on weekends."

Various martial art classes and clubs on and off campus also offer good alternatives to people interested in combining physical fitness with spirituality or a self defense.

"Aikido provides people with a good aerobic workout," said Wayne Vincent, who teaches an Aikido class co-sponsored by Innovative Education and the physical education department. "It is an excellent form of indoor exercise for both men and women."

Despite the advantages of indoor exercise, some people still believe students are better off braving the elements.

"I find that athletes do better if they can train outdoors most of the time," said Dolly Warner, a University athlete trainer. "The winter months can be depressing, especially if you stay indoors. If you can get people outside they seem to pick up mentally."

The winter months do require athletes to pay more attention to dress, Warner said.

"Students should add layers and be sure to protect their hands, head and face," she said.



Photo by Maria Corvallis

Mike Ritzou rides a "trainer," an indoor bicycle that can help bicyclists stay in shape when they can't ride outside.

## GWEN

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enough missiles and the enemy has enough missiles, then no one will start a war," she said. "But the fact is that if the military develops weapons, then they will want to use them."

Keller applauded the enthusiasm and dedication of the many people in Lane County who worked to stop the installation of the GWEN tower and believes the letters, phone calls and other lobbying efforts by citizens had a profound impact on the military's decision not to build the GWEN tower in Eugene.

Lane County citizens also had an influence in the recent ruling by the Senate Appropriations Committee to cut GWEN funding from \$157 to \$20 million for the next fiscal year, Keller said.

"Senator Hatfield really went to bat for us," she said. "But if there's anything I've learned from this campaign, it's that

people even 3,000 miles from Washington, D.C., can have an effect on government policy. The individual can make a difference. If you are consistent and work hard you can move mountains; I know that because that's what we did!"

As gratified as Keller and O'Brien were by their present victories, both speakers cautioned the fight was far from over.

The Air Force has agreed to write an EIS that will be released in March for citizen assessment. But if the military does not deal with the effect of nuclear war in that statement, then the alliance might be forced to file another lawsuit.

The Air Force also is pursuing plans to install a GWEN tower in Klamath Falls, an objective the alliance intends to thwart.

"It's important that we share the knowledge and experience we've gained with other com-

munities facing GWEN installations in the future," Keller said. "Presently we're working closely with concerned citizens and environmental groups in Klamath Falls, and we plan to continue lobby efforts on the national level."

Both Keller and O'Brien believe GWEN is only the tip of the nuclear iceberg.

"As of Nov. 11, the United States will no longer be abiding by the SALT II agreement," Keller said. "I urge everyone to write Ronald Reagan and Senator Packwood and let them know that we find this situation unacceptable."

Anyone interested in becoming involved in the effort to stop GWEN is invited to attend meetings held by the No-GWEN Alliance at the Koinonia Center at 1414 Kincaid St. on the first and third Tuesdays of every month.

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