



# TRENDS

## Better bodies aren't so tough to attain

By Mike Freeman  
Emerald Contributor

A month and a half till Spring Break, and it's time to get that bod into top swimsuit condition. But this is a whole new decade, and that means that there must be more to the same old workout of lifting weights or jumping around in an aerobics class, right?

What promises to be all the rage for the new decade of ours is the idea of cross training. Cross training refers to the combination of several activities in a workout, as opposed to just one exercise. So instead of an hour and a half of the traditional aerobics class, the cross trainer might do 30 minutes of aerobics followed by another 30 of lifting weights, then biking for the remaining half hour.

Karla Olsen, a University senior, said that the variety in her workouts helps her to maintain her enthusiasm and commitment to the routine.

"By cross training, nothing ever gets boring," she said. "I'll do an hour of something then go to the gym and lift weights, ride the bike, or do the Stairmaster, and on the days that I don't do one thing, I'll do that the next."

Olsen's routine usually consists of an hour of aqua aerobics twice a week, and then she'll run to the gym to do another hour of weight training and more cardiovascular work on the Lifecycle or Stairmaster. On alternate days she'll walk for about an hour, or swim.

"It might sound like a lot, but really it isn't," she said. "My workout fits right into my schedule, and I have the time I need for school and studying."

Yes, it would seem that to have the physique that we all desire, major blocks of time in the day would need be left open in order to get the maximum benefit from our workouts. This is not necessarily true.

"People just don't have the time to spend two hours a day at the gym anymore," according to Anne B. Geertsen, Aerobic and Fitness Director of Oregon West Fitness. The '90s seem to be the decade when everyone is doing more than their share of activity,



Lee photo

**A well-toned physique can only be attained with lots of perseverance and sweat, but most feel it's worth it in the end.**

personal and professional, and an exercise routine must be able to accommodate all of the conflicting time commitments people have.

Geertsen said more and more couples are coming in together to work out. Could it be that the couple that sweats together, stays together?

"There is certainly a lower level of intimidation now than ever before," Geertsen said. "Men are taking women much more seriously in the weight room, and the same goes for women's acceptance of men in the aerobics classes."

"The '80s were more or less a time when workouts were put into sex categories," she added. "Exercise has become

a lifestyle, and the '90s will prove to make this lifestyle increasingly convenient for couples and families alike."

So, with everything that's available to us to sculpt our Spring Break bod into the drop-dead, toned and cut look we want, what's the best advice for achieving it all?

"You do what's going to work for you," Geertsen said. "We take an interest in our members' desires, and we are there for them and what they want to achieve. The '90s means high tech, but it also means high 'touch' between trainers and members... what's not popular is not knowing who you are trusting your fitness to."

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