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HEALTHY

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SLIM FAST

Continued from Page 3B

For those who are calorie-conscious, the amount of calories in every type of yogurt shake runs about the same.

A sugar-free shake has 18 calories per ounce, a non-fat yogurt shake has 25 calories per ounce, and a regular 97

percent fat-free shake has 30 calories per ounce.

What, then, makes this product a dieter's dream?

"The Slim Fast philosophy is that a shake replaces a total meal due to the nutritious supplements of the Slim Fast product," Groshan said. "The overall image of a Slim Fast yogurt shake is, 'Here is a

dessert that is low-cal for dieters.'"

Groshan believe that there are several reasons for the success of this product. "It is a positive nation-wide promotion for all dieters," he said. "It has attracted new customers into the shop, and it tastes good."

— Kristin Genzer

FITNESS

Continued from Page 5B

creasing as a form of natural exercise," said Outdoor Program coordinator Bruce Mason. "The nice thing with outdoor pursuits is that you are getting fit and having an adventure as well."

If looking for an activity, all it takes is a flip through the program's clipboards to find something that suits your interest. It is here that ideas are stimulated and turned into reality. Adventures include rockclimbing, river rafting, camping, hiking, bicycling and ski touring.

Mason said the program fosters some 200 trips per year and stands as a source of advice, equipment and a library. It is also a place to meet people who share an interest in the outdoors.

Rockclimbing is a popular way to increase muscular strength. The columns at Skinner's Butte provide a variety of climbs and holds for beginners and experienced climbers. Many beginning climbers attest to going to the columns with little or no equipment and finding people there who are eager to help.

The Outdoor Program is available to everyone. "What's unique about our program is that we have activities for the beginner to the extreme outdoor enthusiast," Mason said.

Mason also pointed out that while some

trips remain local, others extend around the world. The Outdoor Program has taken three trips down the Grand Canyon, a bike ride across Tibet and, last Christmas, members went sea-kayaking in Baja.

Many options also exist for people who want to pursue activities on their own. Mark Landree, a member of the Cycling Club, suggests bicycling as a great, low-impact way to develop endurance and physical fitness.

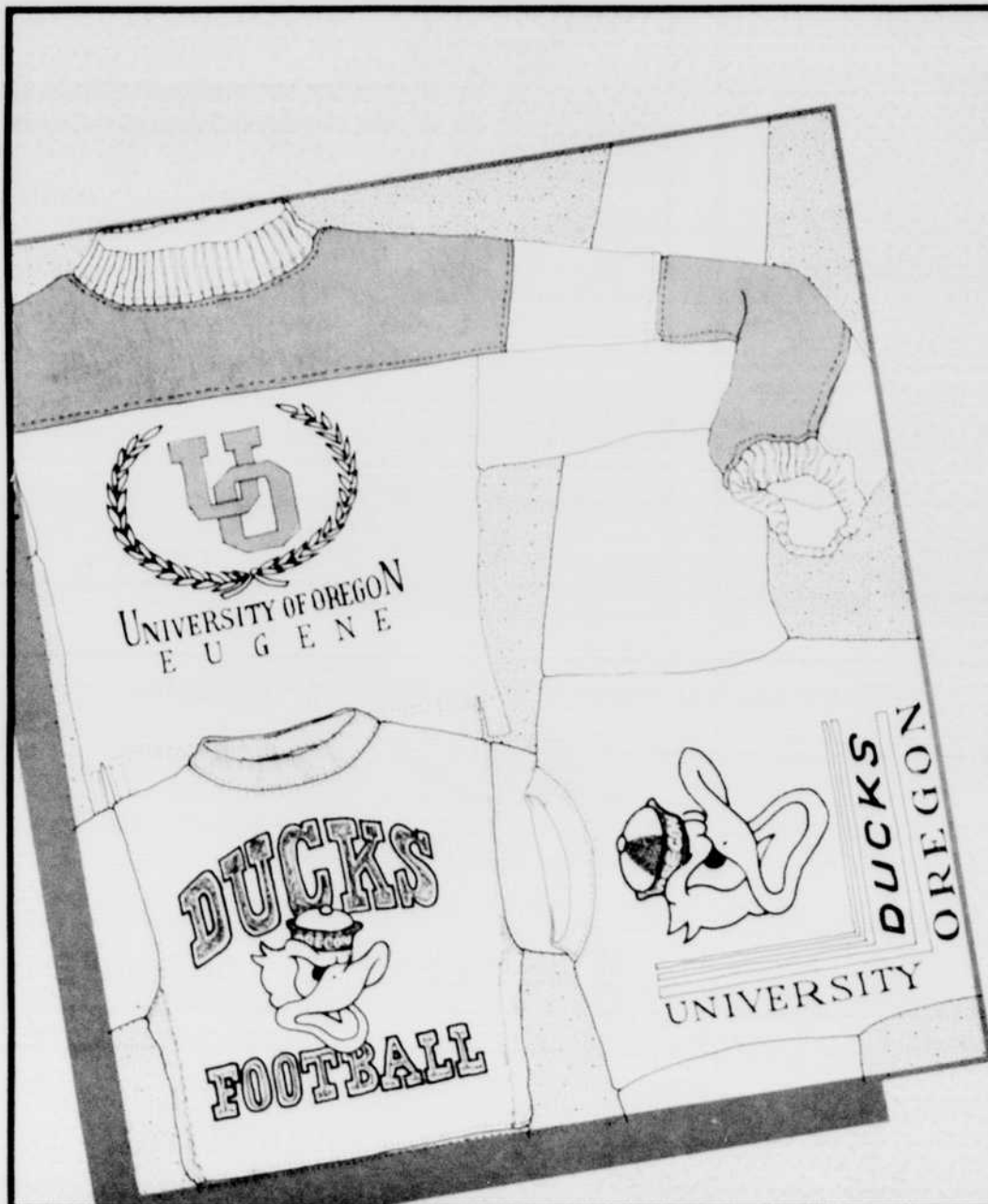
Landree suggests that beginning riders start light and talk to a professional about positioning the seat to avoid knee problems. He also suggests wearing a helmet.

Erin Dooling, a lifeguard at Gerlinger pool, suggests swimming as a great way to get in shape. Both Gerlinger and Esslinger pools are open for lap swimming seven days a week, and times are posted at the equipment cage in Esslinger.

Swimming is also an activity that can be done rain or shine, day or night, and you can vary your workout easily. "It is a refreshing way to work the major muscle groups with no impact," Dooling said.

These listings only scratch the surface of activities to pursue this spring. Whatever you choose, make it something you like, and hope your winter addition melts with the spring.

— Sally Murdoch



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