

# 'Fitness halls' provide built-in motivation

■ Two residence halls offer students an increased focus on ways of living healthy

By Russ Fegles  
for the Emerald

Sports, recreation and health are important aspects of the University experience. Physical education classes provide for the health and fitness needs of many college students. But for a select group of University Housing residents living in the health and fitness halls, fitness goes beyond the classroom and becomes a part of everyday life.

There are two of these halls in the housing system: Clark Hall in

the Walton Complex and Thornton Hall in the Bean Complex. Residents of these halls engage in many diverse fitness-related activities.

"We play basketball and football quite a bit," said freshman Clark resident Mike Spangenberg. "The rec center is just down the street."

One Thornton resident, Anthony Lambatos, said he appreciates the hall's weight room. "It's nice for having a quick workout." Lambatos, a freshman, said, "You don't have to go all the way down to the rec center to lift weights."

"We also have groups that go to all the [Ducks] football and basketball games."

Residents of these halls also par-

ticipate on their own teams.

Veronica Stotts, a resident assistant at Clark Hall, helps organize such teams. "We're trying to set up a team for girls' volleyball right now," Stotts said. "Our biggest success so far has been basketball."

Both health and fitness halls have formed their own basketball teams. These teams challenge other halls to informal games. In January, Clark and Thornton played the first such game, with Clark winning by a score of 67-63.

"Basketball is a great way to bring the dorms together," Spangenberg said. "[The games are] fun. It's a good way to ease the burdens of college."

The students in Thornton and

Clark aren't just keeping their bodies fit. They're also strengthening their social lives.

"I've met a lot of cool people here," said freshman Kara McManus, a Clark resident. "There are a lot of like-minded people in this hall. We're all interested in the same things."

Thornton resident Steve Budke said he likes the easy access to sports partners. "There's always someone to go play basketball or football with you."

In addition to the physical and social benefits of the health and fitness halls, residents can also improve their diets.

"I thought that maybe living here would help me stay away

from the 'freshman 15,'" said psychology major and Clark resident Sara Mulroy.

Even though the students still eat the occasional pizza and potato chips, many of them take advantage of the healthy alternatives Carson Hall cafeteria offers.

The residence hall experience is common for many college freshmen and sophomores. For the students in Clark and Thornton, that experience is improved by the addition of athletics, exercise and new friends. That combination makes the health and fitness halls a "slam dunk" for students who want to keep both their bodies and brains in good shape.

## Added effort means added health, added satisfaction

■ With a busy lifestyle, it's easy to overlook some of the easiest ways to stay fit

By Cody McCullough  
for the Emerald

Trying to find the best way to maintain a healthy lifestyle and to balance school can be difficult, and many students slip out of shape. For the busy student, there are some quick and easy ways to begin getting healthy again.

Gail Wolcott, a former health counselor said, "A good starting

point would be to see how much more you can walk [daily]."

Walking at a rate of just three miles per hour can burn five calories a minute.

Another suggestion is walking to talk to a friend next door or down the block instead of calling. Also, instead of trying to find the closest parking spot, park farther away and always use the stairs, she added. Taking the stairs at 35 steps per minute can burn 10 calories a minute.

"Ten calories here and there may not seem like much, but in the long run, it will pay off," she

said.

As far as eating habits go, Wolcott said, "I don't think anyone can eat fast food and stay skinny."

Other thing people don't think about are how fattening the cream and flavoring is that they put in their coffee. Wolcott suggested using skim milk and sugar-free flavoring.

"Look at your diet and do anything to be active," said Kari McDowell, a senior psychology student. "Once you start getting back into shape, you will have more energy."

"The way that I stay in shape is by eating healthy and having a balanced exercise routine of running, kickboxing and playing tennis," she said.

McDowell said she also recommends working out with a partner.

"That way, even if you don't feel like exercising, you will have somebody that keeps you doing it," she said.

Of course, the basics must be remembered when starting any exercise routine.

Cari Leamy, a senior business major, stressed that stretching is very important.

"It is something people often forget about," she said. "I would recommend that people start out by jogging a little bit each day and that they go to a group exercise class."

Wolcott emphasized the importance of setting realistic goals and choosing enjoyable exercises because "you will be more likely to stick with it over time."

When it comes to staying healthy, Leamy has some advice: "Don't stop, or else you will lose it all and end up starting over again."

## Nia

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energy kick or low gravity yoga move, students concentrate inward so the movements mean something unique to them.

Rosas brings this particular class to a close with some vocal exercises and stretching; participants even yawn with their tongues hanging out. Imagination, playfulness and silliness all have a place in the Nia technique.

*"You don't have to be in shape to start. I'm always growing with it. It's changed my life in terms of what I can do physically."*

Janet Hollander  
Nia instructor

When the class ends, Rosas glides to the corner of the room and retrieves her CDs; she accepts a few compliments about the class then puts on a black leather coat and leather cowboy-like hat over her fuzzi of blonde hair. Members of the class disperse with an unmistakable perk to their gait. They are sweaty, and they feel good.

In an age of exercise gimmicks that promise quick results, Nia is process oriented. It focuses on the momentary experience; it encourages participants to seek pleasure in movement, but mostly just to move.

Its more than 400 instructors worldwide teach people to do what feels good and augment movements to fit comfort levels. There's no such thing as doing it wrong.

And the results follow. From fat-person-turns-thin to lethargic-person-finds-energy, Nia stories are

growing as the number of certified instructors rises and classes become more commonplace. Because many of the people attracted to Nia have fitness backgrounds or an interest in the mind and body connection, the transformations that take place are on the inside.

As Rosas says, "You can't just address only the body or only the mind to get to wholeness."

The levels of Nia are measured in belts, as with martial arts. Debbie Rosas and Carlos Rosas teach intensive week-long sessions throughout the year to certify students to the next belt level.

In Eugene, there is currently only one certified instructor, but another is taking her intensive training March 10-17 and will subsequently begin teaching classes.

Janet Hollander has been teaching Nia in Eugene for about six years. She is now a black belt and teaches a general class at Four Winds at 1840 Willamette and a closed class for seniors at Willamette Oaks Retirement Living Community.

Though Hollander, 53, now receives comments about how strong she looks, she says when she started, she was not in peak physical condition.

"You don't have to be in shape to start," Hollander said. "I'm always growing with it. It's changed my life in terms of what I can do physically."

Another Nia enthusiast, Deborah Power, will begin her intensive training Saturday and begin teaching classes at the Downtown Athletic Club on March 23 and the Eugene Swim and Tennis Club on April 3.

Power has a strong fitness background, with professional body building experience, and has taught yoga and aerobics in Eugene for six years.

### Nia classes:

**Four Winds**, 1840 Willamette, 484-6100. \$8 drop-in fee. Monday and Wednesdays 5:30 p.m. to 7 p.m.

**Eugene Swim and Tennis Club**, 2766 Crescent, 342-4414. Free to members, \$5 drop-in fee for non-members. Tuesdays and Thursdays 9 a.m. to 10 p.m.

\* Beginning April 3

**Downtown Athletic Club**, 999 Willamette, 484-401. \$8 drop in fee for non-members—non-members must be called in or accompanied by a member. Fridays 1 p.m. to 2 p.m.

\* Beginning March 23

To order videos, or for more information, call 1-800-762-5762 or visit [www.nia-nia.com](http://www.nia-nia.com).

"Nia's like yoga, only with rhythm and expression," Power, 41, says. "The music helps you express yourself so you become uninhibited."

All the free-flowing, tai chi, yoga and modern dance moves of Nia are not for everyone. Some prefer being told what to do by a teacher, and though Rosas believes in her program and likes to see it grow, she is happy to refer these people to another class or suggest a student try a Nia video.

Rosas emphasizes the same message she did when she and Carlos Rosas developed the program: "It's ideal when it's personal."

So different people get different things out of it.

Debbie Rosas is still learning with Nia too. She says now, after 18 years of spreading Nia, she is learning that what she is doing is helping people and that it works.

"When it comes to the body, there's always something to explore," Rosas says. "That's what's so exciting."

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