

Getting a local workout

Students who want to exercise and eat health food have several options around the University area

Jennifer Roland
Freelance Reporter

College can be a time of big changes for many students. Jessie Campbell, R.D., an on-call nutritionist at Rejuvenation Natural Health Center, said college students are hit by "new situations, new surroundings and overwhelming emotions."

Still, Campbell urges students to remember that these feelings are normal and to find a healthy outlet for them. Regular exercise can be a great outlet. And keeping up (or starting) a regular exercise program is easy at the University with on-campus facilities and close-to-campus city resources.

Student Recreation Center

The Student Rec Center offers swimming, tennis, racquetball, basketball, badminton, volleyball, running, weightlifting and cardiovascular workout areas. And membership

is included in student fees. For extra fees, students can meet with a personal trainer, have a complete fitness evaluation, use the rock climbing wall and take group exercise classes.

The Rec Center is open from 6:30 a.m. to 11 p.m. weekdays when school is in session. It is open during school breaks, but hours are limited. Schedule an orientation by calling 346-1171.

Graduate student Kerry Bannister regularly uses the swimming pool and the cardio machines. One of the drawbacks, Bannister said, is the limited availability of the one pool. The pool is used for most aquatic PE classes, so it is not available all hours. Bannister said it is impossible to swim from noon to 1 p.m. or 5 to 6 p.m., so try to swim in the midmorning or weekends. Fall term aquatics classes are scheduled for 9 to 10 a.m. and 1 to 4 p.m. most weekdays.

Another drawback for Bannister is a plus for other students. Most cardio and weight machines are on the first floor in front of large windows looking onto East 15th Avenue. Physical Activity and Recreation Services Director Dennis Munroe said these are very popular because

Turn to **Health**, page 22B

Fitting fitness in

Regular exercise sounds great, but it can sometimes be hard to fit it into a hectic student schedule. Exercise a little creativity to make it manageable.

- Sign up for a PE class. The one-credit course will fit nicely into class schedules, and enrolled students will feel pressure not to skip it. Jessie Campbell said she thinks PE classes are one of the best ways to make sure students "work [regular exercise] into your schedule."

- Include activity in each day. Students will definitely be walk-

Turn to page 22B



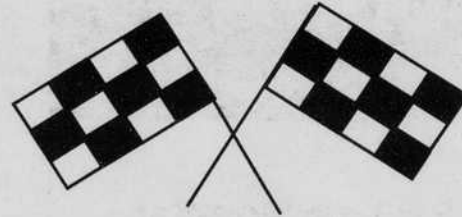
Adam Jones Emerald

The cardio machines are just one part of the Student Recreation Center's facilities.

76 Campus Service Center

If it is good enough for NASCAR, it is good enough for you!

Auto Repairs and Convenience Store



Call 338-4641 and make an appointment today!
David Maggard wants your business!

2091 Franklin BLVD. (across from Joe Romania)

014525

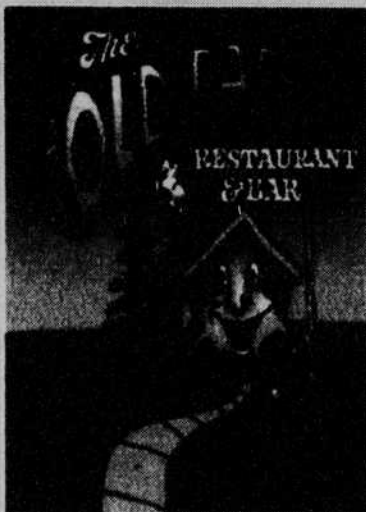
Back to the books? How 'bout back to savings.



- clothing
- computers
- furniture
- books
- household items

15 Coburg Rd
343-4332

 **GOODWILL INDUSTRIES**



**THE OLD
PAD**
3355 E. AMAZON
EUGENE
541-686-5022

STUDENT SPECIAL

- BEST FOOD IN TOWN
- MINORS WELCOME
UNTIL 9:00 PM
- MOST ACTIVE SPORT
HEADQUARTERS
- 2 BIG SCREENS

****VOTED BEST SMOKING DECK IN EUGENE****

BRING IN COUPON FOR
"BUY ONE GET ONE FREE"
EARLY BIRD BREAKFAST
EXPIRES SEPTEMBER 30TH

**BREAKFAST SERVED ALL DAY
DAILY SPECIALS**

Whether you're back from summer vacation or just starting at the UO, it's quick and easy to start your electric and water service on the web at www.eweb.org, or by calling 484-6016.

**Power Up
On the Web!**

Welcome back to Eugene!

www.eweb.org

The Power is in Your Hands.

