Students buff up for new year

Sara James
Staff Reporter

The national phenomenon of New Year’s resolutions is now in full swing. Less than a month ago, many people made resolutions, including to lose weight or get in shape. Last week, the director of campus recreation, said the Student Recreational Center is bustling this time of year.

“There’s always an increase of people at the beginning of the semester,” Lora Cunningham, the assistant director of campus recreation, said. “They’re more constructive with the New Year coming up, before the homework starts.”

At least 1,537 people attended the rec center on Jan. 31, with 1,746 attendees.

“We’ve had a lot of people come in with New Year resolutions wanting to get in shape,” Alisha Hudson, sophomore said.

Hudson said she has a few points on helping people keep their resolutions.

“Each week, have a new goal for yourself,” she said. “Reward yourself, but not with food. Don’t just go out and eat a pizza just because you had a bad week. You should aim for 30-minute workouts out for three, five or even up to seven days a week. If something interferes with the schedule, make time for exercising regardless.”

Hudson also said the track can be the best way to see results.

“You should aim for that 30-minute workout with a five-minute warm-up,” she said. “Always stretch before and after. If you’re never worked out before, just start out light and work up to intervals.”

Hudson said she suggests eight to 10 reps at a lighter weight. If you’re going to lift, work biceps and triceps and quads to hamstrings,” she said. “It’s a simple excercise that can help you push yourself to get more into it.”

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New Year’s resolutions keep students going to the Student Recreation Center

Sophomores Neal Bales and Kurt Reuther work out at the Student Recreation Center on Monday.

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