



Fitness

Shaping your resolutions

Designed by Karen Schwartztrauber/Index

Students buff up for new year

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

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 into shape. Sue Limestall, 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," Limestall said. "They're more constructive with their free time before all the big projects and homework starts."

At least 1,537 people attended the rec center on Jan. 17, according to the rec center data. Last year, the day with the highest record was Jan. 31, with 1,746 attendees.

"January has two motivating factors," Limestall said. "People want to look better on the beach for spring break, and nobody wants to run outside in the cold weather, so it brings them indoors."

However, getting in shape and actually sticking with it is extremely hard to do, said senior Alisha Hudson, a health science major and a personal trainer at the Adair County YMCA.

"We've had a lot of people come in with New Year resolutions wanting to get in shape, just learn to properly lift weights and exercise or to get moving more each day," Hudson said. "I encourage people to figure out their goals for themselves, not just to lose weight, but figure out why do they want to lose weight."

Hudson said she has a few pointers to help guarantee 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 hard workout."

She also said she strongly recommends a buddy system for working out. If students can't find a buddy to go with there are other options, Hudson said.

"I would really encourage using the [rec center's] aerobic schedule because it keeps you motivated," she said. "It pushes you more than you want to push yourself to."

Hudson said her final piece of advice is to start out light and work up in intervals.

"If you've never worked out before, just don't expect to run a marathon," she said. "Don't start in too hard. I've seen it at the YMCA, and I've seen it at the rec. Each week, progress into something a little bit more difficult."

Hudson said she suggests a 30-minute workout 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 she thinks cardio-workouts are 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. It keeps the calories burning for longer periods of time."

Students can use any athletic activity for an effective workout as long as they keep their heart rate up, preferably increasing it by 80 percent, Hudson said.

The American College of Sports

Medicine Web site, ACSM.org, not only has a chart to help figure heart rates, but also has tips and ideas for working out and guidelines to be safe while trying to slim down.

Hudson said workouts that use the entire body, such as aerobics, provide the best results.

Certain programs on machines such as the elliptical, bike or treadmill should be avoided, she said.

"A lot of people are distracted with the weight loss option on machines," she said. "What that is, is interval training, where you work hard for three minutes and then slow it down for two minutes. That's a good way to dig into your fat storages, but it's also not the most effective way to burn calories. If you were working as hard as you can for your 30 minutes, you're going to burn double that amount of calories."

To tone muscles when lifting, Hudson said aim for 10 to 15 repetitions at a lower weight. Hudson then said do eight to 10 reps at a heavier weight.

"If you're going to lift, work biceps to triceps and quads to hamstrings," she said. "If a single muscle in a group gets off balance, the muscles can mess with your body to create unhealthy conditions."

Lora Cunningham, the assistant director of Sodexo, said she encourages students to use the tools given to them.

"The rec [center] is a great thing," Cunningham said. "Students should use it and take advantage of it."

If students are looking for any other advice, the Kirksville YMCA has a personal training program at a cost that does not require a membership.

Hudson said keeping the motivation to work out is hard, but there is an upside.

"Internally, you're going to start feeling a lot better within a week to two weeks of consistently working out," she said. "Physically, you're going to start seeing results in that same time period as well."



Nick Corich/Index

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

Rec Center Hours

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

(Busiest day of the week)
6:30 to 10 a.m. or
12:30 to 2 p.m.

6:30 to 11 a.m. or
12:30 to 2:30 p.m. or 9
to 11 p.m.

6:30 to 11 a.m. or 12:30 to
2:30 p.m. or 8 to 11 p.m.

6:30 to 11 a.m. or 12:30
to 3 p.m. or 8 to 11 p.m.

6:30 a.m. to
1:30 p.m. or 5:30
to 9 p.m.

12 to 7 p.m.

(Least busy day of the week)
12 to 3 p.m. or 5
to 7 p.m.

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