

# JUMP *into* spring fitness

By Katie Brodahl  
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With spring already here, summer is fast approaching. The warmer weather is bringing more students outside, and the campus is coming alive with activity.

Athletic or not, more students want to become physically fit during the summer months.

"Spring is when people begin to notice that their clothes don't seem to fit as well, so they want to try to get into shape," YMCA senior director Jerry Rooney said.

Some Midland Lutheran College students like to stay in shape all year long, and summer is just an added incentive.

Senior Sarah Johns likes to keep active year-round with track workouts. She cross-trains with running, swimming and biking, so when the summer months are here she is ready to compete in tri-athalons.

"I hate training inside and would rather be outside," Johns said. "When I run on treadmills, I don't feel like I am doing anything."

Football helps keep junior Chris Chambers in shape throughout the year. He runs and lifts weights four days a week. But when summer comes around, he said he would much rather be outside.

"I definitely like to work out outside because there's more to do," Chambers said.

Sports have always been a part of senior Lyndsy Schultz's life.

"I was involved with sports throughout high school and for two years at Midland, so keeping active comes naturally," Schultz said.

She mixes cardiovascular activities and weight lifting everyday as well as eating healthy.

She said she also has been drawn to the outdoors with the recent sunny days.

"I feel like I am more active during winter because I don't feel like I am doing anything, but I like when it is warmer," Schultz said.

For those students who have trouble getting into shape, here are some tips from Rooney and head football coach Robert Dzuris.

Both trainers agree that before a person begins a workout regime, he or she must set a goal. The goal can be to just tone and trim or lose excess weight.

"A person needs to set realistic goals and they can always be reassessed, but a

person must have a goal to begin with," Dzuris said.

Dzuris teaches a weight lifting and aerobic class that focuses on total body fitness and lifetime health.

He helps students design programs to reach their personal goals and to fit students' schedules.

Dzuris said he recommends students should mix cardiovascular fitness and weight training.

Some cardiovascular activities include walking, biking, running and swimming. "A student shouldn't run if he or she isn't used to it," Dzuris said. "Instead, they should try something like biking."

Dzuris said that when weight training, a student should try to lift weights at least two to three times a week for the entire body.

Rooney agrees and said that when a person increases muscle mass, he or she is able to burn fat faster.

At the YMCA, he offers a class called circuit training Mondays and Thursdays.

It is an eight-week program that shows people how to use the machines and different lifting techniques to focus specific areas.

Each session lasts an hour and during that time a person will lift on a certain machine for 30 seconds and then rotate to the next machine.

Another class offered is an adult weight training class on Wednesdays at 6 p.m. It is also an eight-week program for beginning, intermediate or advanced weight trainers.

Both of these classes are discounted for Midland students.

Not only must a student increase activity to get back into shape but he or she must also eat healthy.

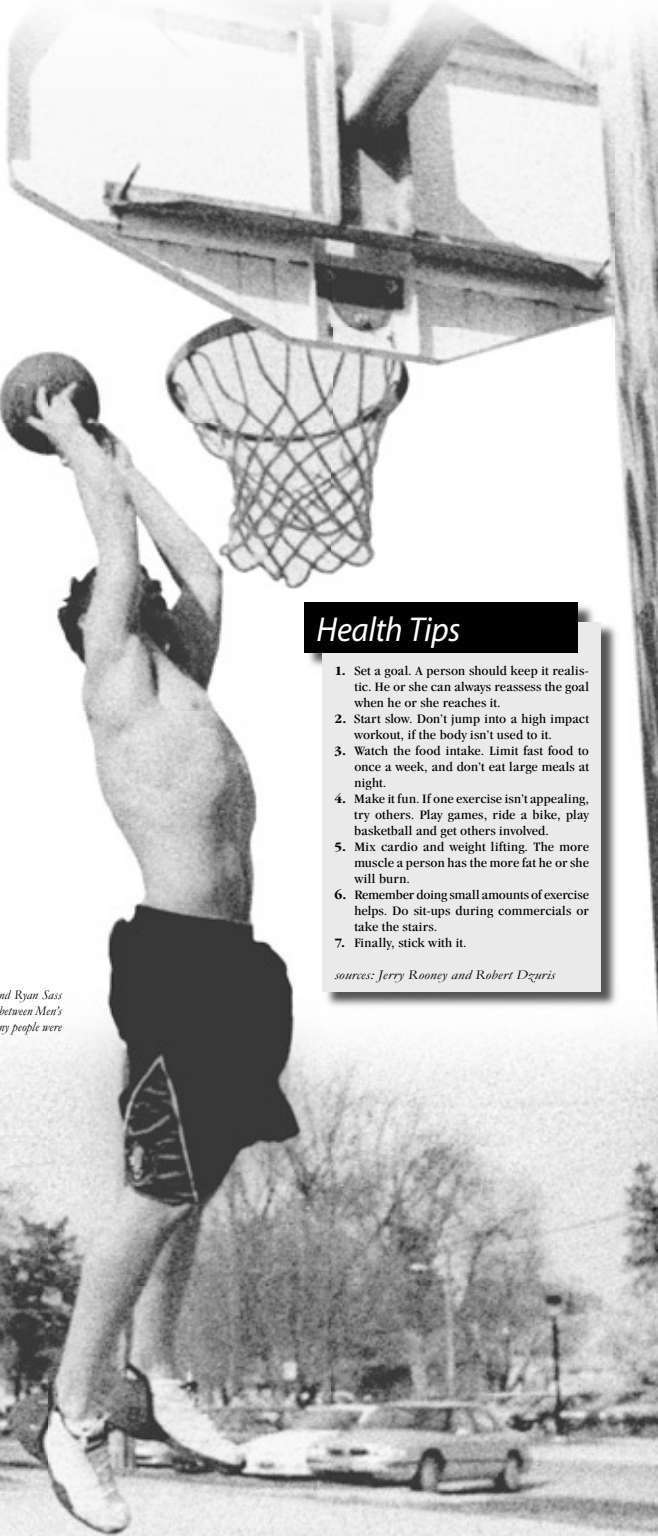
"When watching what you eat, don't limit the in take of your food because calories raise the metabolism to keep burning fat," Rooney said. "Just eat healthy."

Dzuris also said to limit fast food to only once a week and to not eat large meals at night.

If a student is trying to loose weight, Rooney said not to worry what the scale reads, but to measure the weight loss by how your clothes fit.

Dzuris said that students should try to do small amounts of exercise throughout the day even if it is just doing sit-ups and push-ups during TV commercials.

Every little bit helps and remember to have fun, he said.



## Health Tips

1. Set a goal. A person should keep it realistic. He or she can always reassess the goal when he or she reaches it.
2. Start slow. Don't jump into a high impact workout, if the body isn't used to it.
3. Watch the food intake. Limit fast food to once a week, and don't eat large meals at night.
4. Make it fun. If one exercise isn't appealing, try others. Play games, ride a bike, play basketball and get others involved.
5. Mix cardio and weight lifting. The more muscle a person has the more fat he or she will burn.
6. Remember doing small amounts of exercise helps. Do sit-ups during commercials or take the stairs.
7. Finally, stick with it.

sources: Jerry Rooney and Robert Dzuris

Austin Kline, freshman, jumps to the hoop as sophomores Matt Turner and Ryan Sass wait to rebound. They played on Wednesday afternoon at the basketball court between Men's Memorial Hall and Olson Student Center. The weather was warm and many people were outside studying, playing Frisbee and catch or just lounging in the sun.

