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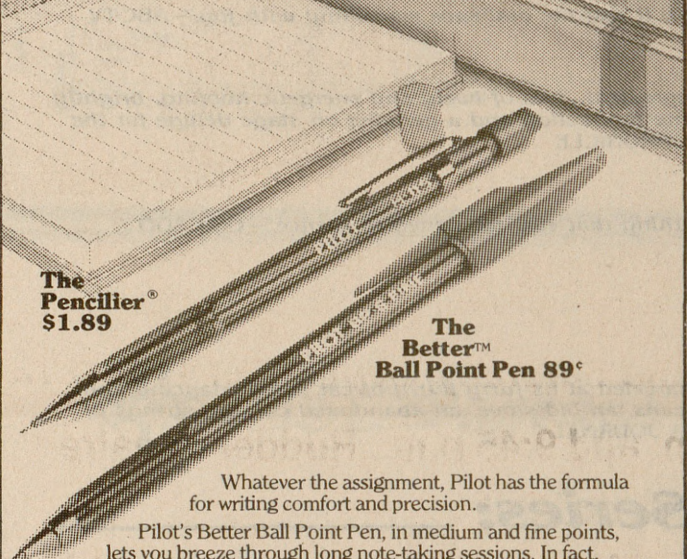
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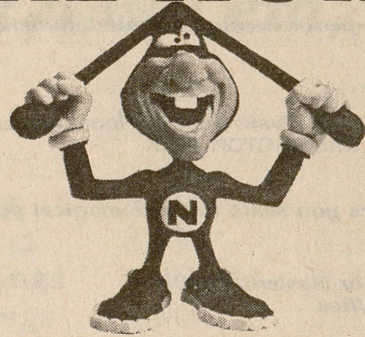
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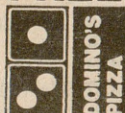
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Weekend athletes should use caution, P.E. instructor reports

By Susan C. Akin
Reporter

Students trying to juggle their hectic schedules to include workout time may find the weekends are their only hope for physical activity, but problems can arise when these "weekend athletes" neglect safe, regular physical fitness techniques, says a Texas A&M exercise science technician.

"A weekend athlete is someone who works out on weekends without any real preparation during the week," says Bob Lowe, head laboratory technician in A&M's health and physical education department's exercise science lab.

"They tend to work out sporadically, not following any kind of regular exercise program," Lowe says. "When you work out sporadically, you open yourself up to injury. Your body is not conditioned properly for the stress."

A recent Gallup survey on weekend athletes shows doctors treat three times as many sports-related injuries among weekend athletes than among athletes in organized sports, according to a pamphlet published by the Texas Beef Industry Council.

"It's hard to make any general recommendations as to an individual's regular fitness program without sitting down with them and discussing their situation," Lowe says. "But one thing to keep in mind is if you don't do things with proper intensity and regularity, you won't progress or make any gains."

To make gains in physical fitness, Lowe explains, an athlete needs to work out several times a week instead of only once or twice a week.

He recommends calisthenics, walking, swimming or low-impact aerobics for beginners.

Calisthenics, swimming, cycling or advanced aerobics are recommended for intermediates.

Weight training is recommended for someone wanting to gain muscle.

Another must for any athlete is a proper diet.

"Athletes should eat a well-balanced, healthy diet low in fats," Lowe says.

"And if you're eating a well-founded diet you don't need supplements."

"Even professional athletes don't need supplements," he says. "They eat enough of the proper foods to get all of the nutrients they need."

Stretching is another essential for a successful workout.

Lowe recommends a simple series of steps to be followed at every workout.

"First, any athlete should stretch out all muscles that will be used during the workout," Lowe says. "Static stretching — a constant, even stretch — should be performed, not a bouncing stretch."

"Second, some loosening-up exercises should be done — an easy version of the activity itself. Then work out in your particular activity. After the workout, do the loosening-up exercises again to cool down. Finally, stretch out as in the beginning."

Lowe says better flexibility means better performance to a certain extent.

"It can also reduce soreness and tightness you could experience later," he says. "If you're starting a regular fitness program, you may have some initial discomfort. But after the first few workouts you don't have to worry about that as much."

Lowe advises students to take advantage of organized sports in the intramural and extramural programs at A&M. They encourage students to devote more time to working out safely and make it fun at the same time.

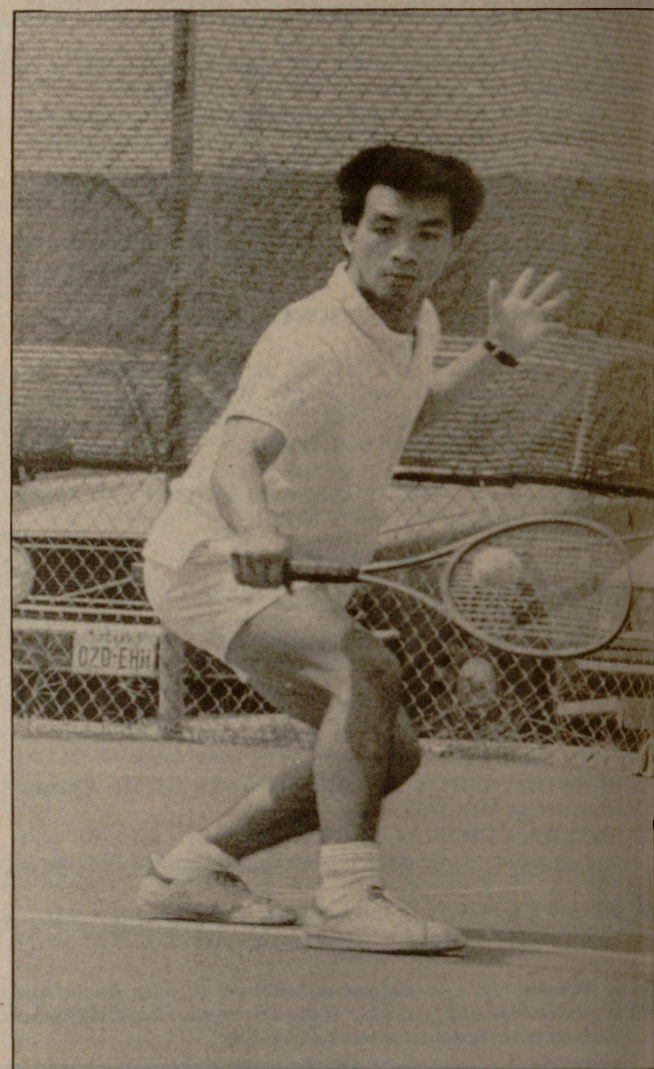


Photo by [unreadable]

Vu Nguyen, a freshman biochemistry major, spends free time working on his backhand.

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