

Inside

Dear Readers:

Most of us yearn for the perfect body. And the key to reaching this goal is learning more and more about the best ways to get fit. Exercise and a proper diet are essential to toning up the body. Since no two people are identical, no set work-out is right for everyone. Fortunately, the number of ways to exercise are unlimited, and include running, aerobics, weight lifting and participating in a variety of sports, just to name a few.

This week our main story focuses on fitness and how to use muscles to their fullest capacity. We talked to an expert in health education as well as some instructors and owners at a few of the local health clubs. Personnel at the clubs will help form fitness regimens to suit each individual, and they will set a pace which coincides with the person's current fitness level.

The second story looks at nutrition and what food college students need to stay healthy. If you believe the food in S-bisa is unhealthy, you are probably in for a big surprise. Nutritious food is available all over campus and at the local fast food restaurants. We also found some amazing figures on the amounts of food consumed in the A&M dining halls.

Next, we talked to four athletes to find out how they stay in shape when their sport is not in season. For some sports, the off-season is a time to build up strength. But other sports require year-round practice to improve skills.

In addition to becoming physically fit, students need to be mentally fit. Mentors and the staff at the counseling center are available to discuss problems students might be having with school.

The profile this week is a professor who organized a program to help A&M faculty and staff stay in shape. It provides several fitness classes and a variety of health-related tests.

We'd like to welcome the new students and encourage you to submit any original works for the Attention!! page. We accept drawings (in black ink) and photographs with an unusual angle or content. You don't have to be an award winning writer, photographer or artist to submit, just a desire to see your works published.

At Ease Staff

Editor	Leslie Guy
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Cover photo by Jay Janner