

Getting buff after the break

Students get motivated to lose extra pounds gained over winter holiday

By ERIC AIKIN
The Battalion

One thing is heavy on the minds of students who just returned from winter break: their weight.

A break from school and studying means a break from regular exercise for many students. Workout and eating habits might have gone astray during vacation, but now is the perfect time to get back on track.

Angela Stanton-Anderson, advertising manager for the Texas A&M Department of Recreational Sports, said the get-back-in-shape crowd usually increases considerably this time of year.

"Between now and the second week in March [The Student Recreation Center] is flooded with people getting ready for spring break," Stanton-Anderson said.

No matter what a student's motivation for exercising, getting started can often be the hardest part. A big crowd of people who all seem to know what they are doing can intimidate someone just beginning a fitness program. To assist beginners, the Rec Center has a personal training staff.

Stanton-Anderson said she recommends working with a personal trainer for at least a session or two. She also said this can help students ease into their fitness program and feel more comfortable in the gym.

"They can bring you into the comfort zone," she said.

One of the problems she said she sees is people walking into the weight room and having no idea how to use the equipment. A personal trainer can help students use the equipment and make a workout run smoothly.

Personal trainers at the Rec Center will work with individuals or groups.

Bill Windscheif, general manager at Gold's Gym in College Station, said personal trainers can motivate

people to stick to their programs.

"You've got to have clearly defined, attainable goals," he said. "A personal trainer can help you set and reach those goals."

Another unfounded fear of newcomers is being out of place in a weight room filled with body builders. Windscheif said most people who come into the gym are not body builders.

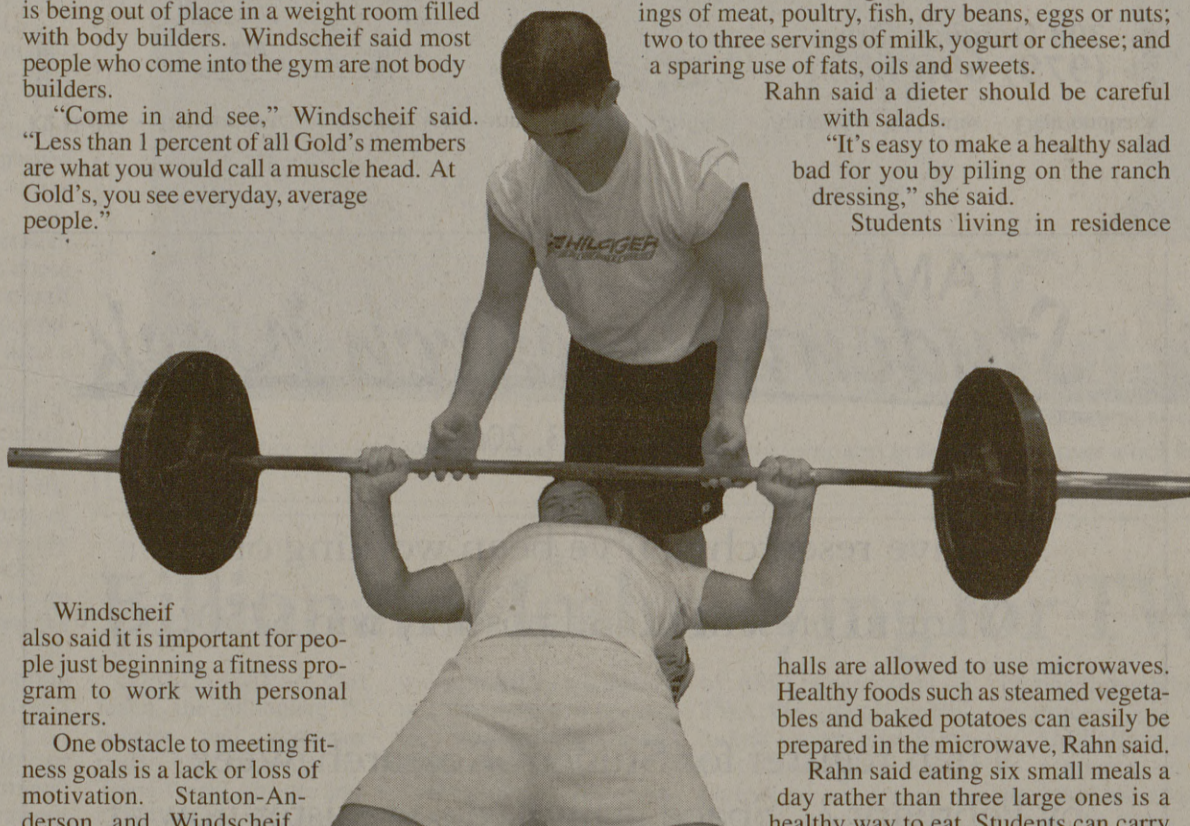
"Come in and see," Windscheif said. "Less than 1 percent of all Gold's members are what you would call a muscle head. At Gold's, you see everyday, average people."

A "normal" diet includes lots of fruits and vegetables. A daily diet should follow the Food Guide Pyramid, which recommends six to 11 servings of bread, cereal, rice or pasta; three to five servings of vegetables; two to four servings of fruit; two to three servings of meat, poultry, fish, dry beans, eggs or nuts; two to three servings of milk, yogurt or cheese; and a sparing use of fats, oils and sweets.

Rahn said a dieter should be careful with salads.

"It's easy to make a healthy salad bad for you by piling on the ranch dressing," she said.

Students living in residence



Windscheif also said it is important for people just beginning a fitness program to work with personal trainers.

One obstacle to meeting fitness goals is a lack of motivation. Stanton-Anderson and Windscheif said variety is the best way to maintain interest in working out.

The Rec Center offers a wide variety of exercise options including free weights and a 42-foot indoor rock-climbing structure.

"This is one of the most amazing facilities I have ever seen," Stanton-Anderson said. "There are so many different things people can do to stay motivated."

Windscheif said a good way to stay motivated is to have a workout partner.

"That makes it fun and provides accountability," he said. "If you know someone is waiting for you, you're more likely to go to your workout."

Once a workout program is in place, it can still be hard to lose holiday pounds without a proper diet.

Rhonda Rahn, a health educator at A.P. Buettel Health Center, said people should try to stick to a sensible diet in order to stay healthy.

"It's OK to splurge, but get back into a normal diet," Rahn said.

halls are allowed to use microwaves. Healthy foods such as steamed vegetables and baked potatoes can easily be prepared in the microwave, Rahn said.

Rahn said eating six small meals a day rather than three large ones is a healthy way to eat. Students can carry sandwiches and fruit with them for between-meal snacks.

Rahn said she suggests cutting back on alcohol, which contains empty, or non-nutritive, calories.

A person trying to lose weight should eat at least 1,200 calories a day.

"Your body needs a certain amount of calories to maintain its functions or you get sluggish," Rahn said. Jenny Dean, a senior nutrition major, offers advice to those trying to lose weight.

"I recommend taking it slow," she said. "If you stop eating or fast diet, you'll gain the weight back."

To set up a proper diet, students should research and consult with professionals. Beutel, in conjunction with the Rec Center, offers the Food Processor Program, which gives students an individual dietary and fitness analysis. For more information, call the health education office at 847-8910.

Gold's Gym also offers a free online nutrition guide at www.goldsgym.com.

News in Brief

Foster to head jury at Cannes festival

PARIS (AP) — Jodie Foster will head the jury at the 54th Cannes Film Festival in May, festival officials announced Tuesday. Foster, "has received the highest honors. It was time for her to come to Cannes," Gilles Jacob, the festival's president, said in a statement.



"I've dreamed since my childhood of having the honor of being president of the Cannes jury," the statement quoted Foster as saying.

The festival runs from May 9-20, but the rest of the jury will not be announced until the end of April.

Foster won best actress Oscars for *The Accused* in 1989 and *The Silence of the Lambs* in 1992.

Jiz Taylor rules out marrying ninth time

LOS ANGELES (AP) — Twice an Oscar winner and eight times a bride,

Elizabeth Taylor says she has no interest in extending her string of marriages to nine.

"I'd live with someone if he were cute, intelligent, compassionate, adorable, had a good sense of humor," the actress, sporting a new look with a bright red hairstyle, said on CNN's "Larry King Live" Monday night. But she ruled out marrying again.



Taylor said she had two great loves in her life, actor Richard Burton, who was married to her twice,

and Broadway producer Mike Todd, who died in a plane crash just 13 months into their relationship.

The actress, who has overcome several serious health problems throughout her life, also said, "There must be some reason that God wants me to live."

"There must be something left for me to do," said Taylor, who has spent much of her time in recent years raising money to fight AIDS. "And I have to find out what that something is and go out there and do it!"

Chile gives Sting human rights award

SANTIAGO, Chile (AP) — British rocker Sting has been decorated with a human rights award by the Chilean government.



The Gabriela Mistral medal, named after Chile's 1945 Nobel Prize winning poet, was bestowed Monday on Sting by Foreign Minister Soledad Alvear.

"Sting has made a very important contribution to the world and to our country by promoting the cause of human rights," Alvear said.

Sting has met with rights groups here, as well as leaders of an organization representing dissidents who disappeared during the 17-year dictatorship of Gen. Augusto Pinochet.

He has also participated in benefit concerts, and in the 1980s he wrote the song "They Dance Alone," a tribute to women who lost their husbands to repression during the Pinochet regime.

Among those attending the ceremony was Isabel Allende, daughter of Salvador Allende, the Marxist president toppled by Pinochet.

Trump bans golfer from Florida club

WEST PALM BEACH, Fla. (AP) — Donald Trump has swung back at a golfer who allegedly clubbed an exotic black swan to death.

The golfer, who was playing at the \$40 million Trump International Golf Club two weeks ago as the guest of a member, has been banned from all of Trump's properties worldwide.



"I spoke with the member and relayed to him that his guest is not to set foot on any of my properties again," Trump said. "I don't care if it was self-defense or not. The actions seemed excessive."

Guest Cyril Wagner told investigators he killed the 50-pound bird in self-defense with one swing. One club member said the swan had exhibited aggressive behavior in the past.

Last Dance ranks No. 1 in box office

LOS ANGELES (AP) — The hip-hop flick *Save the Last Dance* topped the weekend box office, debuting with \$27.5 million during the long Martin Luther King Jr. Day weekend.

1. *Save the Last Dance*, Paramount, \$27.5 million, 2,230 locations, \$12,344 average, \$27.5 million, one week.

2. *Cast Away*, Fox, \$19.8 million, 3,048 locations, \$6,489 average, \$167.8 million, four weeks.

3. *Traffic*, USA, \$13.4 million, 1,527 locations, \$8,800 average, \$35.3 million, three weeks.

4. *Double Take*, Disney, \$11.7 million, 1,631 locations, \$7,196 average, \$11.7 million, one week.

5. *What Women Want*, Paramount, \$11.6 million, 3,092 locations, \$3,762 average, \$153.6 million, five weeks.

6. *Thirteen Days*, New Line, \$11.3 million, 2,029 locations, \$5,561 average, \$11.9 million, four weeks.

7. *Finding Forrester*, Sony, \$11.1 million, 2,002 locations, \$5,551 average, \$20.5 million, four weeks.

8. *Miss Congeniality*, Warner Bros., \$10.6 million, 2,668 locations, \$3,968 average, \$79.4 million, four weeks.

9. *Crouching Tiger, Hidden Dragon*, Sony Picture Classics, \$10.3 million, 693 locations, \$14,908 average, \$30.3 million, six weeks.

10. *The Emperor's New Groove*, Disney, \$7.8 million, 2,237 locations, \$3,505 average, \$71.5 million, five weeks.

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Grant requests should not exceed \$250, and should be of clear and direct benefit to Texas A&M students with regard to gender issues. All students currently enrolled at Texas A&M University and University-recognized organizations are eligible to apply for a Gender Issues Education Services grant.

Applications will be available January 30 and due February 9, 2001.
Announcement of winner(s) will be made February 23, 2001.

STUDENT LIFE