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Reports says Americans not in good physical shape

(NAPS)—The U.S. Surgeon General recently issued the first-ever report on physical fitness in America; and unfortunately, the report reveals that most Americans are not making the fitness grade.

Included in the Surgeon General's findings is the troubling fact that although public awareness of the benefits of exercise is at an all-time high, activity levels in the U.S. have reached a plateau. As a nation, Americans find it difficult to incorporate physical fitness into daily life, even though doing so would greatly reduce their risk of premature death and developing certain chronic diseases.

The report's findings lead to the conclusion that Americans need to change their fitness habits. In 1993, the Centers for Disease Control and Prevention, the American College of Sports Medicine and the President's Council on Physical Fitness and Sports (PCPFS) recommended that every U.S. adult accumulate 30 minutes or more of moderate-intensity physical

activity on most, preferably all, days of the week. Today, after monitoring patterns and trends in physical activity among adults and young people in the United States, the Surgeon General's message is: regular physical activity is better than none, and more is better than some.

The report found that physical activity has been proven to decrease the risk of premature death and the chance of developing a chronic disease, as well as improving overall well-being.

The efforts of The President's Council on Physical Fitness and Sports will provide people with the information they need to learn more about the impact of physical inactivity on their health and get started on a fitness program.

To find out more about the Surgeon General's report, consumers can request an easy-to-read synopsis entitled, "What You Need To Know About The Surgeon General's Report on Physical Activity and Health."

Cheap continue from Page 1

Prices are posted on Wednesday and are valid for travel beginning the following Saturday.

Return flights begin the following Sunday, Monday or, Tuesday.

American, Continental, and USAir E-mail their fares to members. Examples of discount fares include flights from Newark, N.J. to Charleston, S.C. for \$59 and flights from Chicago to Philadelphia for a mere \$129 on American.

The Internet is available on campus at the computer lab located in the lower level of Catchings Complex. The lab is open Monday through Friday from 8 a.m. to 5 p.m., and 7 p.m. to 11 p.m. To access the Internet, students must pay a \$15 monthly fee. For more information or to visit the airlines' Web sites: American (www.amrcorp.com) Continental (www.flycontinental.com) Northwest (www.nwa.com) USAir (www.usair.com).

First runner-up

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The grand prize winner, "Miss Khalif Temple" is awarded a \$200 scholarship. The first runner-up receives \$100; and, the second runner-up receives \$75. All other participants are awarded \$50.

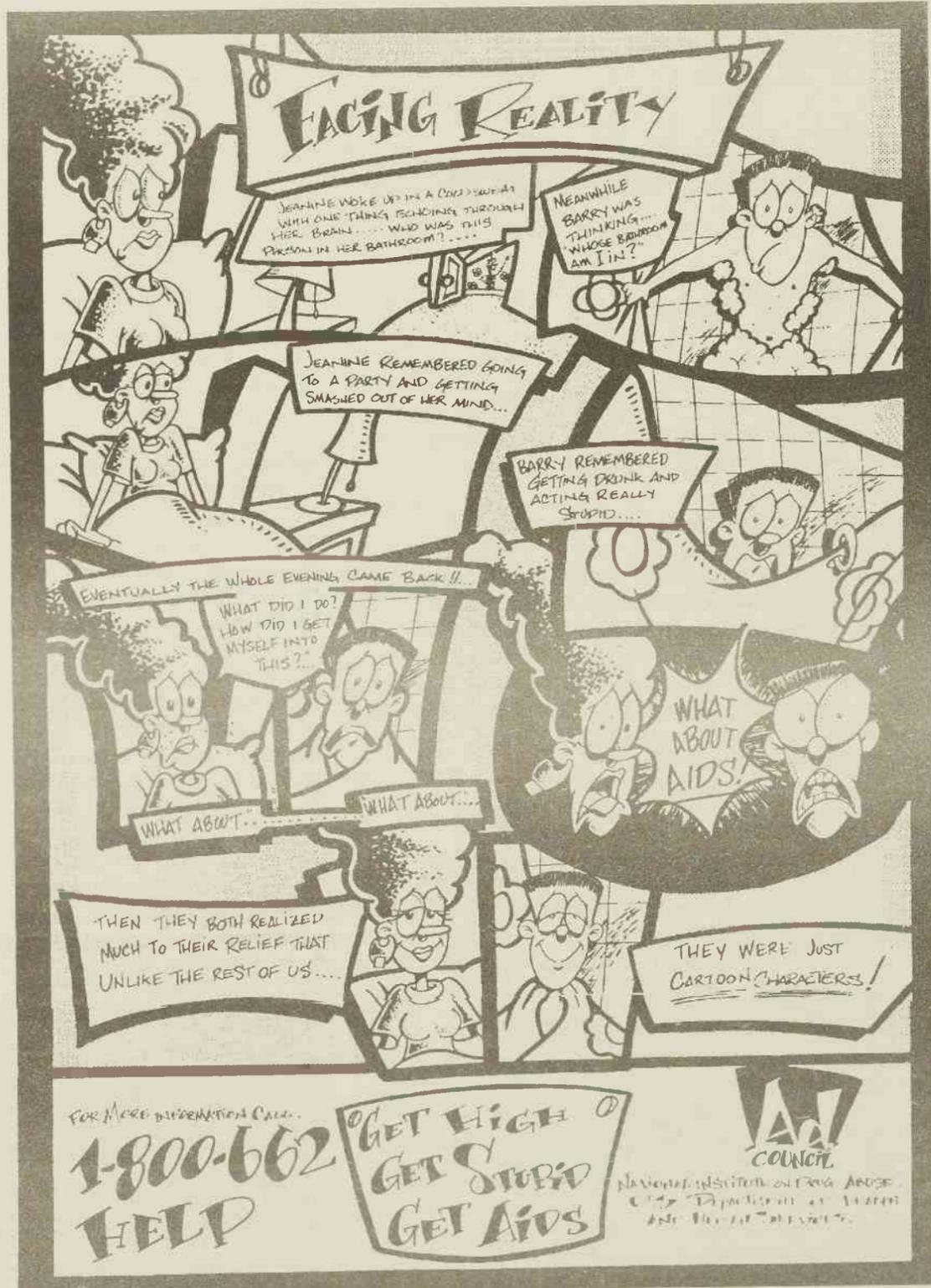
The contestants, who must be college students between 18 and 22 years, are judged on talent, poise and charm, and intellectual response.

The Talent and Scholarship pageant is sponsored by the Greensboro Masons of the Khalif Temple No. 144.

Oops Here It Is! Corrections

The Bennett Banner wants to correct mistakes appearing in the newspaper. If you believe we have made an error, notify us.

Stop by the Banner office in Shell C-2 or send a note to Campus Box 25.



Happy Thanksgiving

We pray that you have a safe and restful holiday.



May God Bless,

The Banner Staff



This is the last issue of the Bennett Banner before Thanksgiving break. The office will close Nov. 25 at noon and reopen Dec. 2 at 9 a.m.