

• SPORTS • HEALTH • FITNESS • SPORTS • HEALTH • FITNESS •

One in three Americans target tummies in 1998

(NAPS)—Eggnog, grandma's cookies, mom's sweet potato pie, and parties.

It's no wonder that, when the new year rolls around, Americans put "get in shape" at the top of their lists of resolutions.

When we commit to get fit, what body part are we most focused on?

According to a survey conducted for Life Fitness, more than 38 percent of the 1,000 respondents polled will target their stomachs/abdomens during 1998.

A visit to any health club is proof that men and women alike are straining their stomachs on floors, benches and other exercise apparatus in a quest for the "washboard" stomach.

Considering the fact that consumers spent \$4.8 billion for home exercise equipment last year, America is clearly committed to deflating the spare tire.

While a flatter stomach provides self-confidence and better-fitting clothes, the medical benefits also are substantial.

Studies indicate that having a tight abdomen releases more than 50 percent of the pressure between the vertebrae of the spine, according to a July 1997 article in the Budapest Sun.

In fact, many back problems are related to excess weight and weak abdominal muscles.

"With all the hype surrounding the physical and medical value of a toned stomach, consumers are realizing the need to incorporate abdominal exercises into their daily routines," says a National Strength

and Conditioning Association-certified strength and conditioning specialist with the DMB Racquet Club in Phoenix.

"Abdominal muscles are used in virtually every activity in our daily lives from walking, running, cycling and stepping to simple stretching or lifting."

"Exercising the abdominal muscles alone, however, will not give you a washboard stomach," cautions an American College of Sports Medicine-certified health and fitness instructor and Life Fit-

ness associate training manager.

"We can't spot reduce a particular body part, but we can do something about getting in shape.

A fitness professional can help design a program that incorporates a balanced diet, limited fat intake and a regimen of cardiovascular and strength training exercises which, in turn, can strengthen, tone and reduce fat all over—including the abdominal region."

To give yourself the best shot at keeping your tummy toned is to vary your exercise routines.

Cranberry juice no cure for urinary infections

Mother was wrong when she told you to drink cranberry juice for your urinary tract.

According to Dr. Michael Coburn of Baylor College of Medicine in Houston, there is no objective proof that cranberry juice can cure a urinary infection.

Antibiotics are used most often for the common treatment for recurring infections especially for women who are biologically predisposed to frequent infections.

For women who are postmenopausal, estrogen supplements can help with these infections.

Coburn cautions, however, that good hygiene and drinking plenty of water can help prevent infections, but drinking water will not "flush out" an already established infection.

Hogate's newest

continued from Page 1

"Using the Central NC Library Consortium Catalog students are able to request books from North Carolina A & T, Winston-Salem State University, and the North Carolina School of the Arts by using their nine-digit I.D. number which can be found at top back of their I.D.," said Antionette Gaddy, a Holgate reference librarian.

Gaddy said that in the near future the library will be getting Pro Quest Direct and Current Content both via the internet.

If you haven't told your family you're an organ and tissue donor, you're not.

To be an organ and tissue donor, even if you've signed something, you must tell your family now so they can carry out your decision later. For a free brochure on how to talk to your family, call 1-800-355-SHARE.

Organ & Tissue DONATION
Share your life. Share your decision.



Coalition on Donation

SELF-REALIZATION

"I REALLY DID IT LAST NIGHT, BARRY THOUGHT. GOT DRUNK, ACTED STUPID AND WENT HOME WITH WHO IS THAT?"

"WHAT AM I STUPID? HOW DID I DO THIS? BARRY BEGAN TO WORRY, REALLY WORRY. WHAT ABOUT AIDS?"

THEN HE REMEMBERED, "HEY, I'M JUST A CARTOON CHARACTER. I DON'T EVEN HAVE TO SLOWER."

GET HIGH, GET STUPID, GET AIDS.

FOR MORE INFORMATION CALL: **1-800-662-HELP**

AD COUNCIL NATIONAL INSTITUTE ON DRUG ABUSE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Monday nights are special at . . .

MACAEDO'S

RESTAURANT



1/2 off

"The Hindenberg"
(18" Sub)

5 p.m. til close every Monday

For lunch, dinner or late-night, we've got the best selection of overstuffed sandwiches, soups, salads & gourmet desserts. Daily specials on food and beverages. Great atmosphere for special times . . . or any time!

HRS: SUN.-THURS.: 9 am - 11:30 pm
FRI.-SAT.: 9 am - 12:30 am

125 Summit Ave. (close to Bennett College)

373-0600