

Stay fit, don't quit

Exercising is fun, great for the body, and easy to do at school

BY NANCY YANG

As the New Year rolls on, those infamous New Year's resolutions of spending more time with friends and family, not procrastinating, or balancing those three "S's" of sleep, study, and socialize drift farther and farther away from the top of the priority list. Trapped deep in the second trimester, finding time, energy, and the sheer willpower to follow through with those self-made promises becomes quite a challenge. But several NCSSM students have shown that one of the top resolutions on most student's list, getting and staying in shape, is quite a simple task on campus.

Staying fit goes far beyond attaining the ideal physical physique and developing a rock-solid six pack that will impress all the ladies and gentlemen. According to one student, exercising is part of healthy lifestyle.

"I don't think of exercising as trying to stay skinny," said junior Hilary Todd. "Instead, it's about staying in shape, having fun, and being healthy."

Physical activity is crucial in maintaining a healthy body weight and as a result, lowers a person's risk of developing diseases like diabetes and high blood pressure. Even more, exercise benefits every part of the body, including the ever-so-important mind and psyche.

"I feel better overall when I am physically active," said senior Amanda Phillips. "It's so easy to get stressed out at school, but working out is a great way for me to clear my mind and to relieve stress. My mind is healthier and I just feel good about myself after [exercising]."

Exercising not only relieves the overwhelming stress that students face on a day to day basis, but it can also help students sleep and also gives that much needed extra jolt of energy. Staying fit allows you to look and feel good, relieve stress, and get a good night's sleep – a student's every wish. However, this is one wish that can come true.

"There is always a good excuse not to go exercise," said senior Prateek Peres-de-Silva. "There either isn't enough time; there is too much work; or you're too tired. But after working out I think about how I've gotten better, how I've improved. You just have to make yourself want to stay fit."

Prateek "loves going to gym," where he lifts weights, alternating between the shoulder and legs, biceps and back, and the triceps, runs for half an hour or plays basketball. For him, spending time in the gym is his time to just "think about life" and to hang out with friends. But if the gym is a turn off, there are plenty of alternatives to staying fit at NCSSM.

"I'm not a big gym fanatic," said junior Michael Chang. "But I take full advantage of the racquetball courts. I also go to swim practice every day for two hours. I enjoy our swim workouts a lot. Although it can be strenuous sometimes, you push through them



Photo by Kara Tinker

Ashley Hollar works out in the Physical Education Center. Working out in the gym and lifting weights are only some of many ways to get active and stay fit at NCSSM.

and afterwards you have a great feeling of success. It makes you feel really pumped."

Even if you are not a hard-core exerciser, don't like to get sweaty, or feel like you just don't have the time, exercising can still be fun and you can multitask while doing it.

"Staying fit is all about having fun," said junior Valerie Todd. "Even if your friends aren't very active, playing soccer, tennis, or anything with them is still a lot of fun. Every night girls on hall do a ten-minute ab workout. It's only ten minutes and it's a great time!"

With the Physical Education Center, tennis, racquetball, and soccer courts, intramural and varsity sports, and most of all a school full of friends, staying fit at NCSSM is a cinch. Whether you want to stay fit for "all the girls in college," to get those abs, "to look buff," or just because you enjoy it, get up and moving and make your resolutions come true.

Ultimate Frisbee, an NCSSM Tradition

Dedication and hard work are the right SMUF!

BY DEVIKA CHAWLA &
ELLIOT CAVE

The Science and Math Ultimate Frisbee team, known as SMUF, is a club captained by seniors Sasank Achanta, Austin Ellis, and Molly Peacock. Though SMUF is not technically a sports team, SMUF's 20 active members are as devoted to Ultimate Frisbee as any sports team is to their sport.

Many SMUF members have literally sacrificed their bodies while playing Ultimate Frisbee.

"I broke my arm," said Achanta. Ellis hurt his foot and had to get it x-rayed, senior Aubrey Clark-Brown broke his foot, and senior Grey Redding dislocated his shoulder."

Along with the injuries, they have run into some trouble competitively. Earlier this year, they lost to Chapel Hill High School and Jordan High School. However, Achanta isn't deterred.

"Chapel Hill [High School] has a very good team and Jordan [High School] lost to them. Our match with Jordan was a closer match," said Achanta.

Austin Ellis added, "We weren't prepared for the Chapel Hill game because we didn't know what we were up against. We practiced strategies for Jordan and we played better."

Though competition is important, Ultimate Frisbee is something that all the

SMUF members, along with other NCSSM students, thoroughly enjoy. It is hard to find a time when people are not throwing Frisbee in front of Hill house or playing Ultimate Frisbee on the field.

Molly Peacock said, "[SMUF] is one of my favorite things about school...I love Frisbee."

Ultimate Frisbee is not just restricted to students. Dennis Yeh, a computer science instructor at NCSSM, has played Frisbee with SMUF ever since he came here three years ago. When Mike Fliss, 1st Hill's previous SLI, left, the members of SMUF approached Yeh to be the new club advisor.

Peacock said, "[Yeh] helps the team out and comes twice a week. We probably wouldn't be able to have a team without him."

"I think this year has seen an atypical number of injuries," said Yeh. "But I'm pretty optimistic. We suffer from not having people who know each other for years like other teams, but I think our performance will improve."

SMUF will keep improving as long as there are interested students and dedication. Their season still has a lot of games left.

Molly Peacock said, "We plan on playing Carolina Friends School, Leesville High School, and Durham Academy. We're definitely going to keep growing. We have a solid core of juniors."



Photos by Kara Tinker

Austin Ellis leaps and stretches out to grab a high-flying frisbee as team members look on (Top). SMUF team members sprint to get open for the throw and race back to get on defense. (Bottom).