

The injury-free aerobics workout

Low-impact is best, experts say

By LAURA JENKINS
Staff Writer

Aerobic dance, the product of a health-conscious society, is probably one of the most popular physical fitness trends of the decade. Not only can aerobics be enjoyable, but if done regularly, this form of exercise is an effective way to get in shape and stay healthy.

However, it is important to remember that for all the benefits that can be gained by doing aerobics, there are also some health risks involved.

The aerobics phenomenon became widespread in the early 1980s. Several years later, exercise professionals noticed an increase in aerobic dance-related injuries. They found that high-impact aerobics — exercise which involves repetitive bouncing or jogging for extended periods of time — can cause injury to the muscles, bones and joints in the feet and legs.

Elena Tomaro, aerobics coordinator for Spa Health Club of Chapel Hill, said experts found three or four years ago that they could replace the jogging and bouncing done in high-impact aerobic dance with new, safer movements to decrease the risk of impact injury.

"They found they could create moves to help people get the same cardiovascular workout without giving the same degree of impact to the

Health Focus

joints by doing it with walking moves instead of bouncing moves," Tomaro said.

Low-impact aerobics increases the efficiency of the heart, lungs and circulatory system by increasing the body's ability to take in oxygen.

A low-impact workout replaces repetitive pounding movements and usually includes combinations of lunges, stretches and lateral movements.

Dr. Timothy Taft, an assistant professor at the UNC School of Medicine, said he thought there was not yet a clear and official definition of which kind of aerobics workout should be labeled high-impact aerobics and which should be labeled low-impact aerobics. However, Taft said, he thought aerobic workouts that incorporate low-impact moves might decrease the risk of injuries.

"Although I have not seen any studies to prove that there are fewer impact-type injuries from low-impact aerobics, it makes sense that there are," Taft said. "It seems that we are seeing fewer injuries of the impact kind."

There is still a risk of sustaining injuries such as stress fractures and muscle strains in either type of aerobics if people try to do more than



Kim Bailey exercises in a low-impact aerobics class at the Spa Health Club in Eastgate Shopping Center

their bodies can handle, Taft said. Tomaro said the first impression many people have is that low-impact aerobics must be easier than high-

impact. "I would say it's the opposite," she said. Low-impact aerobics may be more strenuous because they are

based on the idea of muscle contraction, she said. This type of workout helps firm and tone large muscle groups, and it is necessary to con-

centrate on fully extending, contracting and releasing both the lower and upper body muscles in order to receive full benefits.

Policy

enrollment or employment for one year on the first offense. A second offense in this category would result in expulsion or discharge.

The minimum penalty for possession of Schedule I or II drugs is suspension from enrollment or employment for one semester, and those caught possessing Schedule III

or IV drugs will be placed on probation for a period to be decided, according to each case.

The remainder of the policy concentrates on programs for education in the prevention of drug abuse, and the institution of a rehabilitation program.

Representatives from the UNC

Association of Student Governments met with the board in December to discuss a list of recommendations they had drawn up in November in response to the proposed drug policy.

According to student body president Brian Bailey, board members made no changes in response to the student proposals in the final draft of the policy passed Friday.

"We wanted to make sure each university could have a policy that

could be flexible," Bailey said. "I don't think they're out to create a policy which is too harsh, but every case is special."

Bailey said for the most part he was content with the final draft of the policy. He said he was also satisfied that the board knew the students were concerned about such matters, and is optimistic they will be consulted in similar situations in the future.

from page 1

'Wall Street' looks at dark side of ambition

Scott Cowen
Cinema

"Wall Street" is one of the best dramas to hit the screen in quite some time. In his first attempt since "Platoon," Oliver Stone continues his success with a film that does not win the audience over with exhilarating action or chilling suspense but rather with spectacular acting and a terrific plot.

"Wall Street" is the story of Bud Fox (Charlie Sheen), an aggressive young stockbroker who goes "elephant hunting," or tries to become the broker for one of the Wall Street giants. The elephant he bags is Gordon Gekko (Michael Douglas), a merciless shark whose only love is making money.

Gekko tells Fox that the key to being successful is getting inside information and having a heart of stone. "You're either inside or you're outside," he says. The over-ambitious Fox is determined to become a "player," one of the big-shots on the other side of the stock market game, and he soon finds himself amidst unscrupulous dealings.

By being one of Gekko's brokers and the middleman on many of his deals, Fox starts to make it big. He does not mind the treachery because the money is excellent, he lives well and he meets and falls for Darien Taylor (Daryl Hannah), Gekko's interior decorator. Everything goes his way until Gekko decides to liquidate the airline that Fox's father works for.

"Wall Street" depicts the other side of the stock market. For the most part, stockbroking is portrayed as a non-glamorous sales job with headaches, long hours, stress and little security. Early in the film, Fox asks his father for money after a \$50,000 year; near the end, an older broker with almost no savings and a family is fired after failing to make quota. The movie also shows how companies can be destroyed and thousands of workers can be laid off in a tycoon's transactions.

Douglas again proves that he is one of Hollywood's greatest actors by following up his role in "Fatal Attraction" with an even better performance as Gordon Gekko. He flawlessly embodies this successful shark, and he received a Golden Globe nomination for best dramatic actor for this part. However, even with Douglas's performance, Sheen is not overshadowed, turning in a stellar performance as the ambitious Fox.

"Wall Street" will definitely be remembered as one of this year's best movies. The plot makes the film good, but Douglas' acting elevates "Wall Street" from a good film to a great film.

湖HUNAM南 CHINESE RESTAURANT
790 Airport Rd

Master Chef C.C. Cheung from Hong Kong would like to invite you to try our new lunch or dinner menu.

★ **FREE EGG ROLLS TUESDAY & THURSDAY** ★
★ **FREE CHICKEN WINGS WEDNESDAY** ★

Join us for lunch on Tuesday, Wednesday or Thursday and receive a FREE Appetizer with purchase of any Lunch Special. Choose delicious entrees from our new 37 item special lunch menu. Lunch Specials include choice of three soups and rice/lo mein for only \$3.81 plus tax.

Weekly Dinner Specials

OPEN 7 DAYS A WEEK FOR LUNCH & DINNER	Mon-Fri 11-2:30 Lunch	*ALL ABC PERMITS *WE CAN MEET *YOUR DIETARY NEEDS UPON REQUEST
*SPECIAL FAST LUNCH MENU	Sat. & Sun. Noon-2:30 Lunch	
*FULL TAKE OUT SERVICE	Sun.-Thurs. 5-9:30 Dinner	
*BANQUET FACILITIES FOR RESERVATIONS & TAKEOUT	Fri. & Sat. 5-10:30 Dinner	

CALL 967-6133

Desegregation

from page 1

students could request mixed assignments, but only with parental approval.

Black enrollment, while still extremely low, was growing by leaps and bounds. In 1958, black enrollment consisted of four law students, one medical student, two graduate students and three undergraduates.

Ten years later, 107 undergraduates, 148 graduates, one law student and five medical students comprised black enrollment, but it still made up less than 1.5 percent of UNC's total

enrollment.

Since then, University officials have stepped up their efforts to increase black enrollment at UNC. Faculty Advisory Committees have looked into the problem of increasing black enrollment. An agreement between UNC and the U.S. Department of Education was filed in 1981 and renewed in 1987 to resolve minority enrollment imbalances in the 16 institutions of UNC. Black enrollment this year at UNC-system schools totaled 24,077.

It brings out the best in all of us.



SPECIALS
UNC FACULTY AND STUDENTS

- 1 1/2 miles from campus
- On bus line
- Pool/all amenities
- 6-, 9-, and 12-month leases available

Ridgewood Apartments
404 Jones Ferry Rd. Carrboro 929-3821

SPRING BREAK '88
THIS ONE'S ON US

Spring Break Capital, DAYTONA BEACH, FLORIDA, wants your business! SO, we've put together a **SPRING BREAK PACKAGE** To help your budget! The Package includes over \$400 worth of **FREE DRINK PASSES** and **VIP CARDS** from all the **HOTTEST Night Clubs!** THIS YEAR, most Clubs are allowing **18 yrs. and up entrance!** This package is **UNCONDITIONALLY GUARANTEED!** LIMITED OFFER! One time only. Send \$10 check or money order for handling to:

SPRING BREAK V.I.P.
THE TAUSIG COMP. OF DAYTONA BEACH
P.O. BOX 5797
DAYTONA BEACH, FL 32018

Student Special! from **TELE-RENT TV**

19" COLOR T.V.

Reg. 21.95 @ month ONLY **\$1500**
Student Special (that's only 48¢ per day)

Just show your student ID or this coupon. We also rent a full line of VCR's and televisions... Call Telerent **FIRST!**

CARY South Hills Mall 467-8400
DURHAM 2415 Guess Road 286-4566
CHAPEL HILL 942-0855

May not be combined with any other offer. Expires Feb. 15th. Telerent will beat ANY rate on comparable equipment.

DUKE VS UNC

WOMEN'S BASKETBALL

Wednesday, January 27, 1988 7:30 p.m.

CAMERON INDOOR STADIUM

Tickets and information available at
DUKE TICKET OFFICE: 681-BLUE
PROCEEDS BENEFIT
Ronald McDonald House

DURHAM CHAPEL HILL

Running Tights!

- Nylon/Lycra
- Polypropylene
- Coolmax
- Sporthill Cotton

\$24.95 - \$39.95

PRO SHOP AND RUNNING CENTER
Carr Mill Mall, Carrboro • 933-0069

AIM HIGH

START EXECUTIVE TRAINING NOW

Don't wait until you finish college to start a management training program. If you have at least two years remaining, consider Air Force ROTC. We can give you a head start on a fast-paced career.

Major John Kozdron
(919)962-2074

AIR FORCE ROTC
Leadership Excellence Starts Here