

FYI

Fitness, Health Tips: Getting In Shape

BY SHARONDA WILCOX
Entertainment Editor

This semester *The News Argus* will be featuring a Fitness and Health Section. We hope to provide the student body as well as faculty and staff with helpful tips about keeping fit in '97.

People who are overweight, out of shape or under stress suffer from lower back pain and they are potential candidates for a problem that has become or will become a part of their daily lives.

Experts agree that regular exercising of muscles-especially of the back, stomach, hips and thighs - can offset the problems that stress and obesity can have on the back.

Listed below are exercises that can

help prevent some back problems:

1. **Wall Slides** to strengthen back, hip and leg muscles. Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about a 90 degree angle. Count to five and slide back up the wall. Repeat movement five times.

2. **Leg Raises** to Strengthen Back and Hip Muscles.

Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Repeat with the other leg. Repeat exercise five times for each leg.

3. **Leg Raises** to Strengthen Stomach

and Hip Muscles.

Lie on your back with your arms at your sides. Lift one leg off the floor. Hold your leg up for a count of 10 and return it to the floor. Repeat five times with each leg. If movement is too difficult keep one knee bent and your foot flat on the floor while raising the leg. This exercise can also be done by sitting upright in a chair with legs straight and extended at an angle to the floor.

4. **Partial Sit-ups** to Strengthen Stomach Muscles.

Lie on your back with knees bent and feet flat on the floor. Slowly raise your head and shoulders off the floor and reach with both hands towards your knees.

5. **Back Leg Swings** to Strengthen

Hip and Back Muscles.

Stand behind a chair with your hands on the back of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Repeat with each leg 5 times.

6. **Knee Raises** to Decrease Strain on the Back

a. Laying on your back with feet flat on the floor, slowly pull knees to chest. Repeat 5 times.

b. Half push ups with half of the body raised as high as possible allowing your hips and legs to remain flat on the bed or floor. Repeat 10 times.

c. Bending backwards at the waist as far as possible and holding the position for one or two seconds. Repeat 5 times.

CIAA Tournament Review

BY KEVIN MANNIS
Sports Information Director

The Rams opened the 52nd Annual CIAA Tournament with a stunning 67-54 win over CIAA powerhouse Virginia Union. Darryl Hardy led the way with 22 points and 10 rebounds.

WSSU pulled one of the shockers of the tournament with their 66-64 overtime win over North Carolina Central in the quarterfinals. Once again the Rams were led by Darryl Hardy with 22 point and 15 rebounds.

The Rams, playing in the semi-finals for the first time in three years, were eliminated by Fayetteville State in the semi's by the score of 73-66. Darryl Hardy led the Rams with 23 points and 14 rebounds.

The loss ends the season for Coach Samuel Hanger, his staff and players with a 15-13 record. This marks the first winning season for the Rams since the 1988-89 season when the Rams went 14-11.

The Lady Rams opened the 22nd Annual CIAA Women's Tournament with an impressive 66-40 win over North Carolina Central University. The Lady Rams were led by Christy Brooks who scored 16 points and pulled down 10 rebounds.

In the quarterfinals, the Lady Rams were eliminated by St. Augustine's College 64-55. The Lady Rams were led by Renee Cameron who scored 18 points, and Kesha Broadnax pulled down 10 rebounds.

This season with a 16-12 record, marks the second year in a row the Lady Rams have had a winning season and advanced past the first round in the CIAA Tournament.

Congratulations, Lady Rams And Rams!



You Go Boy!!! Darryl Hardy Going For The Points!!!!

Giving Us The Best That You've Got!

*Good Luck
Danielle A. Prophete*

*As You Campaign For SGA President!
The News Argus Staff*