

How to: Integrate your workout into daily life

Sarah Carideo
Senior Reporter

Everyone has lofty goals about being more active in the new year, but it's more than a month in, and most have probably begun to give up.

The gym is just so far, there's too much homework to do and working out in front of a crowd is intimidating, are the excuses often heard, but there are ways to add movement to daily activities for extra exercise. Despite how ominous the treadmill can seem, working out is supposed to be fun. Physical activity doesn't have to mean extreme cardio workouts. It can mean new, fun ways to integrate your workout into your daily schedule.

1. Wake up and dance

If you have an 8 a.m. class, this is a good way to transform from an unfit zombie to a healthy college student in a fun way. Although it seems silly, healthguidance.org said dancing helps with coordination, energizing, flexibility, strength and endurance. It also has positive effects on your emotional well-being. So put on some dance music and shimmy and shake those calories away as you go through

your morning routine.

2. Plaque and calories be gone

Colgate.com recommends brushing your teeth for two minutes and taking full advantage of this time to get moving. So instead of just staring at your frothy mouth, do some squats, lunges or wall-sits. Shouldn't your body look as great as your teeth?

3. Get fit while you sit

Inspired by the Sit and Be Fit program, keep a set of weights next to the couch and use them at different intervals while you watch TV or a movie. Challenge yourself by using them during the actual show or scene, or just during commercials. Get creative with the different exercises you can do, and you'll be a couch potato without looking like one.

4. Jump for commercials

Instead of skipping to another channel, try jumping for commercials. According to benefitof.net, jumping jacks help with flexibility,

circulation and cardio, making them one of the best exercises for you. Go back to your middle school gym class days and challenge yourself to keep beating your score every time.

5. Wash away flab

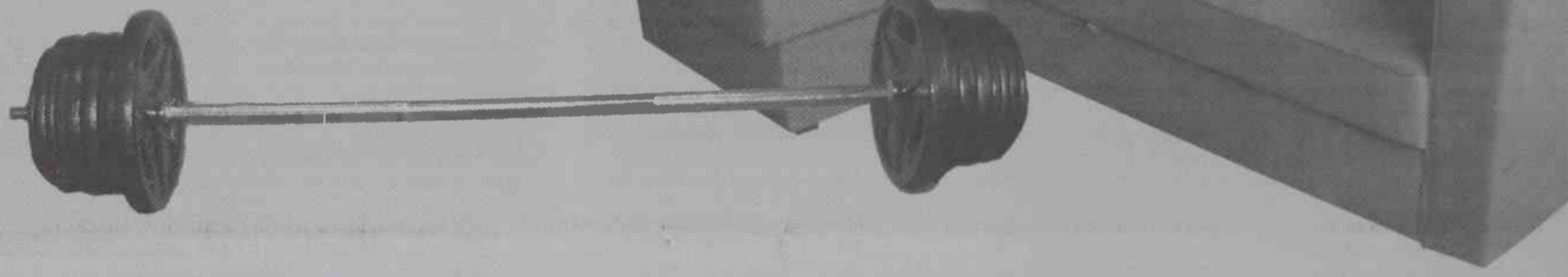
People usually dread doing dishes and exercising, so why not combine the two and get it over with? While doing this daily chore, try to stand on your toes the whole time to strengthen your legs. Steadyhealth.com said calf raises are important to strengthen the muscles needed to stand or run for a long time. When you're done, you'll have clean dishes. The bonus is that your arms and legs will have gotten a workout.

6. One a day

Everyone knows the old trick of how

rich you could be if you got a penny a day. But an even more valuable application would be to use that with an exercise like crunches or push-ups. Suite101.com said to pick a low number to start, like five, and add one a day to eventually do 100 per day. It's not too hard and takes away from how daunting this type of exercise can be.

Whether you're just hanging out, doing chores or getting ready for the day, you can do simple exercises to help you feel better and make your day healthier. Even silly exertions like arm wrestling and pillow fights will help relieve stress and can be good for you. Be creative and think of everyday activities in a new way and how they can be improved.



Movie stereotypes of college don't play out at Elon

Most freshmen pleased with college experience after first semester

Lindsay Kimble
Copy Editor

From "Accepted" and "National Lampoon's Van Wilder" to "Animal House" and "Legally Blonde," movies have been tackling the 'typical' four years of college for decades. Movies depict rampant social lives, lavish dorm room setups and a moderately light, to no workload. For many incoming freshmen, such depictions are the only background they have for what is to come from their college experience.

While those with older siblings, had an idea of what to expect, others experienced more of a shock and had to learn to navigate the ins and outs of university life on their own. The Class of 2014 is now more than halfway done with their freshman year of college, and many have found college to be even better than expected.

"My expectations for college life were that there would be a lot of work, but it would be a lot of fun and great experience," freshman Taylor Berghane said. Berghane said these expectations came from family members currently in college, which he cited as "at least four" of his cousins. Berghane also said he had expectations based on what movies depict as college life.

"Specifically, I was excited for college parties and also having the freedom to somewhat set my own class schedule," he said. "And also to meet a lot of new people."

Berghane said that college is better

than he expected. "The classes are really good, I've made a lot of friends and I really like Elon," Berghane said. "I also have enough free time where I don't feel overwhelmed."

Freshman Emily Schuett also had many of her college expectations met and exceeded at Elon.

"A lot of what I had envisioned campus life at Elon to be like is an actual reality," Schuett said. "I have more time because, unlike high school, I only have two classes. I get less sleep. I can never go to bed before 12 or one no matter how hard I try — and I have so much more independence, being far and no longer under my parents' roof."

Schuett said that she pictured herself walking around campus, getting coffee and studying in the library. She even imagined how she would settle into her new abode.

"I pictured how I would set up my room and prepared myself to get involved and do as much as possible on campus."

Schuett said the only thing she did not expect was being homesick, as well as finding an immediate group of close friends. She said she learned that she couldn't "jump right in" to college life, and there was an adjustment period.

"A lot of my expectations came from what I had seen of Elon from when I visited the spring before, and also from friends who were from my high school but a grade above me," Schuett said. "I loved hearing their stories from college and getting really

excited for my own experiences."

Freshman Kristina Lindquist had few expectations for college.

"I thought that I would be able to have a lot of independence and freedom since I was away from my parents," Lindquist said. "I also thought that I could party whenever I wanted without having a constant fear of getting in trouble."

Lindquist said she got these ideas from hearing older students' college stories and from movies and

television. She cites entertainment as an obvious influence to her idea of college.

"I think for the most part college is what I thought it would be," Lindquist said. "I do have complete independence and I can go out and do things whenever, but I do also have a heavier workload than I thought I would, so it makes it harder to do things that I want whenever I want."



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