

Keeping weight off: How to beat the 'freshman ten'

by Margaret Haven, Contributing Reporter

Even before I entered college, I heard about those ten pounds every freshman gains her first year. Being fairly thin and very weight conscious, I was sure I had nothing to worry about. What a misconception! I became a victim of the freshman fifteen. I arrived at Meredith weighing 114 lbs., and returned home in December topping the scales at 129 lbs.

Many freshmen believe that this weight gain is inevitable. This is false. Below are three tips which will help you keep those ten pounds off without dangerous and expensive diets.

1. The most vital tip in keeping off

those pounds is exercise. Exercise can be stimulating and enjoyable, especially if you're accompanied by a roommate or friend. It is also a relaxing study break.

There are many spas and health clubs located in the Raleigh area which offer special rates to students. But if these rates are not within your budget, there is no need to worry; Meredith has several exercise opportunities available. Weatherspoon Gymnasium contains a well-equipped weight room, and an Olympic-sized swimming pool. You are free to use these facilities several hours a week. Another alternative is the Meredith Miler program. This program is sponsored by MRA and is designed to reduce those pounds through walking, running, or swimming. And of course

don't forget Dr. Bross's open aerobic class which is usually offered every semester. It is guaranteed to trim your thighs and flatten your tummy.

2. Avoiding fattening late-night snacks is another important tip to remember. Eating before bedtime is, without a doubt, dangerous to your figure. If you must have something to snack on, a piece of fruit or unbuttered popcorn is the answer. Resist the temptation to nibble on your roommate's poptarts, to visit the vending machine, or to order a Dominos pizza. An apple contains 30 calories, whereas, a small slice of cheese pizza contains 300.

3. Watch what you eat in Belk Dining Hall. Many of the foods served in the dining hall are cooked in grease and, therefore, contain many calories.

Reduce your consumption of small items such as butter, cream cheese, salad dressing, and mayonnaise as well as the main dishes. Try to avoid fried chicken, pizza, homemade bread, doughnuts, and especially french fries.

Many students are also under the impression that since the food is paid for, they should eat everything on their plate, and return for seconds. Do not fall into this habit; stop eating when you feel full.

In January of my freshman year, I exercised regularly, refrained from late-night snacking, and carefully watched what I ate in the cafeteria. I lost the majority of the weight I had gained, and you can too. If you follow these simple guidelines, you can keep off the freshman ten.

Herald Review

Local health club helps keep Meredith students fit

by Margaret Haven
Contributing Reporter

Lise's Scandinavian Health Club, a spa for women, opened its doors on August 26, 1985. Located behind Kerr Drugs, in the Ridgewood Shopping Center, it is within walking distance of the majority of its patrons — Meredith students.

Upon entering Lise's Health Club, you are greeted warmly by one of the seven instructors. Because of their friendliness, you immediately feel at home.

Lise's is equipped with six weight machines to help tone and/or build the muscles in your stomach, hips, thighs, and arms. In addition to these machines, the health club contains four exercise bicycles, dumbbells of various weights. The facilities also include showers, dressing rooms, and a sauna. The only features missing from this spa

are a swimming pool and a jacuzzi.

Lise's Scandinavian Health club offers fourteen exercise classes a day. By offering five different kinds of classes, each of which is scheduled at least twice daily, Lise's offers something for everyone. These classes include Team Time (a slow-paced class aimed at the more mature woman), Stretch and Tone (similar to Team Time but paced a little faster), the Hour and One-Half Hour workouts, which contain Aerobics and more strenuous exercises, Resistance in Motion, which involves vigorous exercises using wrist and ankle weights, and the High Intensity Training Class, designed for the seasoned exerciser.

If you are interested in improving your health and figure, I recommend Lise's Scandinavian Health Club. It is open from 8-9 Monday through Friday, and 9-4 on Saturday. Now you can purchase a four-month membership for \$59.00 or a year's membership for \$100.00. For more information call 834-5522.

'IROC and Roll' dance videos to be seen in North Carolina

WARREN, MICH. — What do Chevrolet, Bruce Springsteen and Billy Joel have in common?

All three are featured in 60 IROC and Roll Video Dance Parties sponsored by Chevrolet on college campuses across the country during 1986.

Three hours of videos by such artists as Springsteen, Joel and Huey Lewis and The News will be featured by CBS Records. Chevrolet gets into the act by showing 30- or 60-second car or truck commercials every 20 minutes.

The three-hour long videos are provided free to on-campus organizations to use as fund raisers for charitable or club activities. Students pay a modest

admission fee, however, to attend the party. Half of all proceeds will be donated to the T.J. Martell Foundation for Cancer and Leukemia Research; the other half can support campus activities or a local charity.

"We're reaching out with the video parties to one of Chevrolet's special target markets — college students," said Robert D. Burger, Chevrolet general manager and a General Motors vice president.

IROC and Roll Video Dance Parties can be seen in North Carolina at the University of North Carolina, Feb. 27, 1986, and at North Carolina Central University, March 21, 1986.

Summer work: Time to think about a good paying job

HYANNIS, MASS. — Cape Cod, Massachusetts and the off-shore islands of Nantucket and Martha's Vineyard have more good paying jobs open to students and teachers this summer than ever before.

For generations businesses in these resort areas have been hiring college students from all over the country, including the mid-Atlantic and southern states.

According to Bonnie Bassett, spokesperson for the Cape Cod Summer Job Bureau, "the recent explosive growth in tourism here has created unprecedented scrambling by businesses and resorts

looking for summer help. The seasonal job market has never been this good . . . the jobs are waiting, now we just need people to fill them. The opportunities are exciting, the pay is good, and now is the time to act."

"Hiring goes on right through June," Bassett added, "but the choice jobs generally go to those who apply earliest. There are no employment fees."

For immediate information on the many kinds of jobs available and details on how to apply, send a long self-addressed stamped envelope to: Cape Cod Summer Job Bureau, Box 594, Room 10, Barnstable, MA 02630.



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For information on this and other summer educational opportunities, contact the Office of Career Services and Cooperative Education.