

the MEREDITH Herald



LIVING GLUTEN FREE
(SEE PAGE 3)

EXERCISE AT MEREDITH COLLEGE

Amy Hruby
Staff Writer

For many college students, exercise can be a bore. With classes, homework, clubs, internships and work, how can anyone other than athletes find time to work out? With the new US Department of Agriculture diet and exercise standards suggesting at least 30 if not 60 minutes of exercise daily and never-ending media pressure to lose weight, many students give up on exercise altogether. But even busy college students need to make time for exercise.

To graduate from Meredith, students must complete four hours of physical activity for credit. While this requirement may seem difficult, the Meredith Health, Exercise and Sports Sciences (HESS) Department offers a variety of classes that provide exercise and fun. Sports-related classes include golf, tennis, fencing, basketball, soccer, softball, volleyball and lacrosse in several levels for players with different skills. Traditional gym-offerings are also available, like aerobics, cross training, yoga, Pilates, and kickboxing.

For those who find sports or gym classes too mundane for their tastes, the HESS Department offers nontraditional classes like dance-cardio funk, bowling, karate, folk, square and country line dance. Meredith has dance class for every taste in music and motion. Even if students have never danced before, they can take beginner level classes. According to Director of

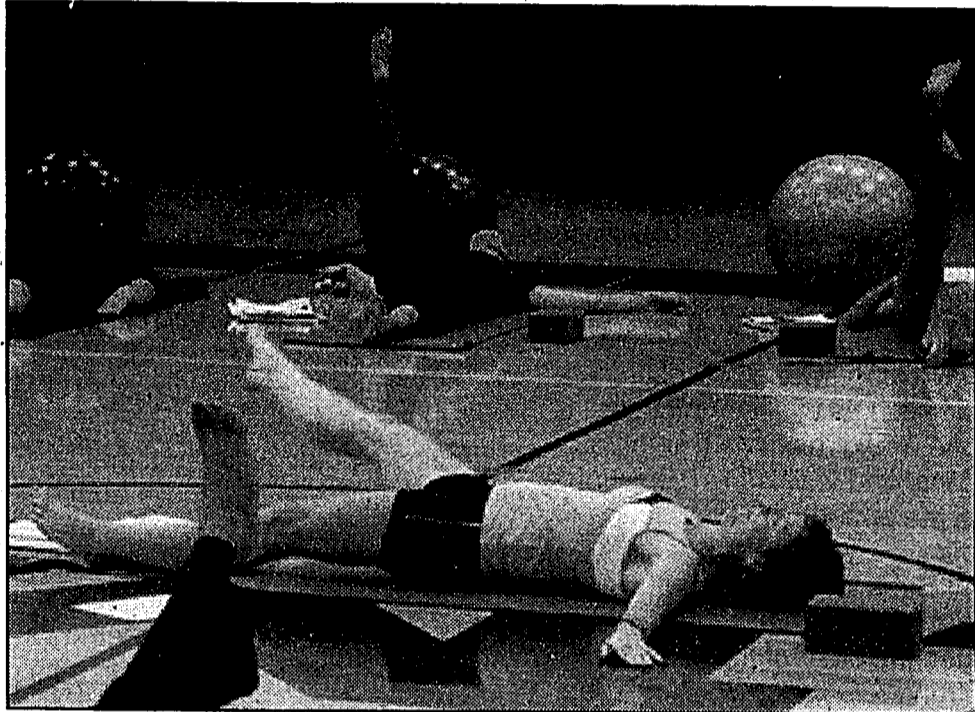


Photo courtesy <http://www.meredith.edu/hess/default.htm>

Dance, Carol Finley, "The Dance Program offers four levels of ballet, jazz, and modern dance as well as courses in world dance, improvisation, and mind body integration. Recent special topics classes tap, stretch and align, and movement for musical theatre fulfill the physical activity component of general education, and performance opportunities Meredith Dance Theatre, Repertory, Participation in Choreographic Projects, and Creative Arts Touring Company are also physical activity classes."

For students that prefer to exercise on their own time rather than in class, Meredith also offers extensive facilities. The Fitness Center, located in Weatherspoon Gym, has a variety of cardio machines available, including bicycles, treadmills, stair climbers

and elliptical machines. Also in the Fitness Center are many weight machines, free weights, benches, and medicine balls for those who like to add strength training to their exercise routines.

In addition to the Fitness Center, the new track and field offer great exercise opportunities to all Meredith students—not just athletes. The running surface is perfect for those who want to protect their knees from the hard pavement, and the field allows runners to easily add calisthenics to their workout. For runners who want a more scenic running route than the track, the "Meredith Mile" stretches across various sidewalks and roads around campus. Frequented by those who take the popular PE class, Walk, Jog, Run, the Meredith Mile is a popular haunt of all Meredith runners.

However, after a few years of running the same track or hitting the same gym each week, everyone needs a change of scenery. Luckily for Meredith students, the surrounding Raleigh area offers many exercise opportunities. There are many gyms near Meredith, but one of the most affordable, college-friendly options is the YMCA of the Triangle. Located on Hillsborough Street, it is less than two miles from campus, which is only a brief drive or jog away. This YMCA location (the Alexander Family YMCA) offers an indoor track, cycling studio, women's health center and group classes. It costs about \$30 a month to be

continued on pg 2

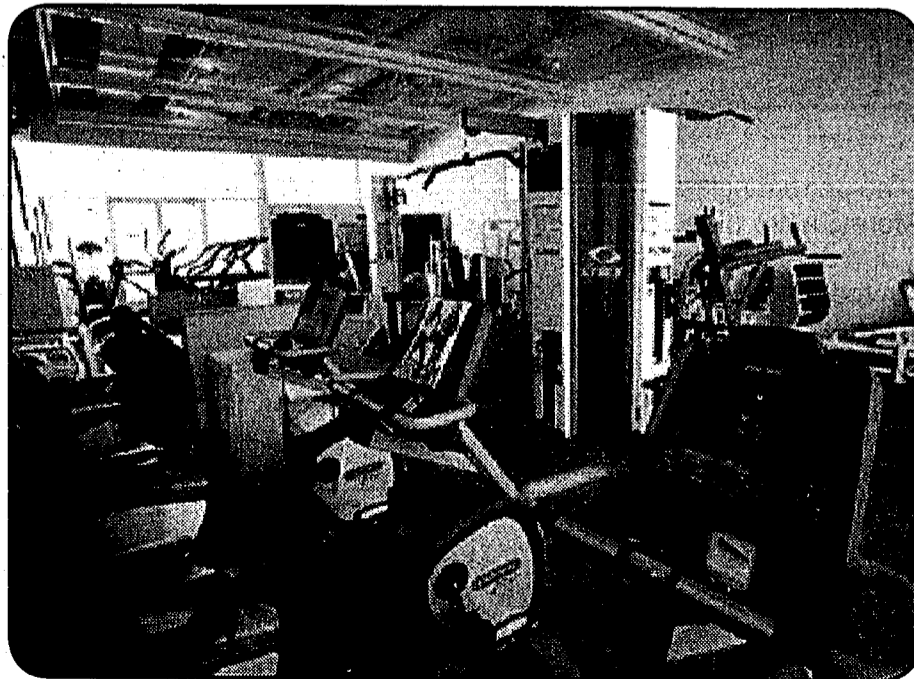
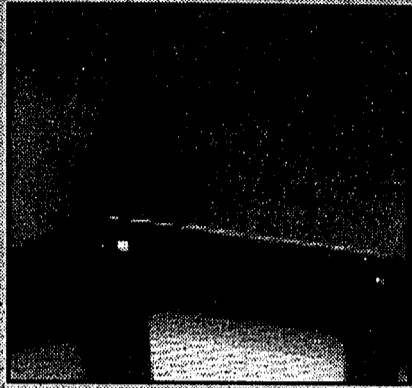


Photo courtesy <http://www.meredith.edu/about/virtual-tour/stop7a.html>



Page 2:
Tap Dancing: Baucus Bill Viewed Skittishly By Democrats and Republications

Page 3:
Living Gluten Free

Page 4:
Technology + Food

Page 5:
The Ultimate Scavenger Hunt

Page 6:
Keeping in Shape This Fall

Page 7:
Campus Nutrition

Page 8:
The Ballestra

Green Tip for the Week of September 30

