Daily Dose
A guide to healthy living

Fitness

A day in the life of a personal trainer

Exercise coach explains routine, offers guidance
By Sarah.Binder iowastatedaily.com

As a college student, it’s not easy to fit classes, work and recreation into a typical day, and still make time for your own health. Student Stephanie Spotts, senior in kinesiology, helps coach at the Lied Recreational Center. Spotts has been coaching at Lied since May 2010, after receiving national certification in April 2010.

She gets up early — around 6 a.m. — to make time for her own goals, wants and needs. Some of them are very advanced. They come in and say, ‘kick my ass.’ Some are very beginners,” Spotts said.

There are services, such as TKE suspension training, which utilizes suspension of a person’s own body weight, and TRX suspension training, which utilizes suspension of a trainer.

Finally, personal trainers provide motivation to help their clients reach their goals. “You want to be their billboard. People aren’t going to want to work with you if you can’t take care of yourself,” said Stephanie Spotts, senior in kinesiology and health, and head student trainer for Recreation Services.

Personal trainers strive to help their clients find the same balance. They develop personalized plans for each trainee, whether the client is training for a fitness program, a social life, eating right, or an injury.

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“A day in the life of a personal trainer

Fitting it all in

Now, Head Student Trainer Stephanie Spotts is working a full-time internship with recreation, and still most college students are probably heading to bed to make time for her own goals, wants and needs. And she gets to bed early — around 6 a.m. — to make time for her own goals, wants and needs.

The Client's View

“It makes it hard to find time for yourself.” Stephanie said. She gets up early — around 6 a.m. — to make time for her own goals, wants and needs. And she gets to bed early — around 6 a.m. — to make time for her own goals, wants and needs.

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by Sarah Binder

Imagine piling in a van with 10 new friends and driving across the country for an outdoor adventure. For some students, these trips provided by ISU Outdoor Recreation are a cheap and fun alternative to the typical spring break黄瓜卷.

"Packing is a big part of the fun," said Nora Hudson, fitness coordinator for Recreation Services. "The best thing would be to pack a lot of fire, but at least avoid bad physical activity.

Great outdoors provides Spring Break trips

ISU Outdoor Recreation offers alternative Spring Break opportunities including surfing in California and hiking the Appalachian Trail. Photo courtesy - Google

"The immune system tries to be flexible, and things aren't always going to go the way you think they're going to go. But our staff is trained to deal with those things," said Jerry Rupert, advisor of Outdoor Recreation. Short trips and workshops are offered for those who may want to try out a skill before committing to a longer trip.

The eight trips offered during Spring Break, which will go as far away as California or the Appalachian Trail, are all priced between $80 and $95 for students. Faculty and community members can save at higher rates.

"We have to provide a service to students," Rupert said about attracting to keep them.

The trips are limited to small groups. The tour includes group dynamics and leadership training. Typically, the student needs to bring their own clothing and gear, but some groups, such as relationship difficulties, anxiety, depression, adjustment to college, and premarital therapy. The program will reach international proportions. For students who want to become more involved as trip leaders, Outdoor Recreation will have an employment opportunity. Rupert says his students learn important life skills like leadership or how to deal with group dynamics.

"The way we prepare our trips is to focus on the university, we're preparing these students for life," Rupert said.

How to register

Participate in the registration of the Outdoor Recreation office, which will be held on Wednesday, February 23, from 7:00 a.m. to 7:30 p.m. The registration will be held in the Recreation office.

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\begin{align*}
\text{For more information or to arrange an appointment, call} & \quad 294-0534 \\
\text{ISU Couple and Family Therapy Clinic} & \quad 294-0534 \\
\text{Providing Professional & Affordable Services} & \quad 294-0534 \\
\text{For appointments, call} & \quad 294-0534 \\
\end{align*}
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Celebirty

Fitness guru Jack LaLanne dies at age 96
By Katherine Klingspan
kklingspan@iowastadaily.com

Jack LaLanne, who is often referred to as "The Godfather of Fitness," died Friday, Jan. 23, from respiratory failure at the age of 96. During his lifetime, LaLanne dedicated himself to promoting the benefits of healthy eating and regular exercise.

As a child, LaLanne submitted to being added to anger and pain lists.

However, his eating habits changed after losing his allowance by flouting his healthful eating rules. Prior to that, LaLanne began to focus heavily on diet and exercise habits.

Throughout his life, he lost and regained weight for two reasons, one being to lose weight.

In the 1950s, LaLanne became famous as a chiropractor and bodybuilder. He opened his first health spa in 1956, which is widely considered to be the American health club.

However, LaLanne's popularity primarily stemmed from the fitness he achieved quickly, such as swimming from Alaska Island to Fisherman's Wharf while handcuffed, and towing 50-tonne cable cars when he was 78 years old.

LaLanne also invested several fitness machines still used today on television commercials as they are used now, using calisthenics and weight selections.

In celebration of LaLanne's death, two weeks before he died, as written in the "Jack LaLanne Show," the longest running fitness television show for 59 years.

Health

New services focus on students' overall wellness
By Sarah Binder
sbrook@iowastadaily.com

For spring semester 2012, recreation services will be offering services for general students. The assessment, which is taken on an in-home computer program, was used for the Health and Wellness initiative at the University of Illinois in Champaign-Urbana, and should take about 30 minutes to complete. It takes about 5 minutes to complete and does not take place in a physical activity studio, alcohol and tobacco use, and personal safety.

Several health issues, including stress, sleep, nutrition, and other resources are offered. The free assessment is part of an initiative from recreation services to focus more on an emphasis on overall wellness, not just working out.

"We're still in the infancy stages of developing this," said Holloway.

Once the free three-step program opens in fall 2012, recreation services will be more focused on counseling, support groups, and other resources.

Recreation services has been working with the wellness committee from Student Affairs to develop their programs.

To take the assessment
Contact Morgan Henshaw, wellness coordinator, if you are interested in taking the assessment.

- mhenshaw@iowastate.edu
- 515-294-4985

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She peppers fruits and vegetable juices as part of a diet — such as nuts, peas, asparagus, beans, and garlic.

Sports are normally work, and often uninteresting with Boe because Boe treasures the taste of green tea.

She also enrolled in the 30-week immerse body camp in Mankato, Mass, which has a location on Main Street in the Chicoine Center.

She started working for the Mankato campus during the last year from work and the first day of work.

She became a trainer last spring after being certified by the American Council on Exercise.

As the lead student trainer of five students, she leads a weekly class for other trainees.

At these classes, trainees learn everything from muscle groups to how to be personable and friendly with clients.

Though sports and she doesn't see personal training as her future career, she wants to keep teaching and working with people.

"Knowing that I get them to the next step for their own goal is one of the most rewarding parts of the job," Spotted said.

Five tips

-体育彩票 lottery tickets in your work and make your money_
- Get enough sleep — that's the first thing
- Get ready to train — it goes away for you on the day
- Get personal goals — it's the next step in your career
- Get in shape and all the rules are the same

To the assessment

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10A DAILY IOWA STATE DAILY Thursday, January 27, 2011

Editor: Sarah Binder
Daily staff participate in fitness challenge

Daily Fitness Challenge will be a fun way to challenge and support each other in getting fit. Let’s see how well we’re doing in the new semester — if you’d like to participate, e-mail Sarah Binder at sbinder@iastate.edu for more details.

Meet the participants:

Jessie Opioen, Editor in Chief
I’m probably in the worst shape of all the other people in the challenge; I’m one of those people who needs to go to the gym and eat healthy. When I’m not working or blogging my heart out, I’m either going to the gym or eating junk food. I’m really looking forward to this challenge because I want to feel better about myself. Please let me know if you’d like to participate, e-mail Sarah Binder for more details.

Brian Smith, Online Editor
I’m not a runner, and I’ve never been a runner. I’m really looking forward to this challenge because I want to feel better about myself. Please let me know if you’d like to participate, e-mail Sarah Binder for more details.

Tory Robinson, News Editor
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Follow the gang’s progress:

Kate Adams
Follow us on Facebook and Twitter, and see our progress throughout the year. You can also e-mail us to keep track of our activities. Please let me know if you’d like to participate, e-mail Sarah Binder for more details.

Torey Robinson, News Editor
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Gabriel Stoffa, Copy Editor
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Sarah Clark, News Reporter
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Micaela Cashman, News Editor
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The Speaking of Health Education series is free and open to the public. Pre-registration is required by calling 515-294-5027 by or visiting www.mgme.org and clicking on the Classes and Events link.