Iowa State Daily (Daily Dose pt.2 February 2, 2011)

Follow this and additional works at: http://lib.dr.iastate.edu/iowastatedaily_2011-02

Part of the Higher Education Commons, and the Journalism Studies Commons

Recommended Citation
http://lib.dr.iastate.edu/iowastatedaily_2011-02/25

This Book is brought to you for free and open access by the Iowa State Daily, 2011 at Iowa State University Digital Repository. It has been accepted for inclusion in Iowa State Daily, February 2011 by an authorized administrator of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
24-hour fitness offers convenience

Ames facilities bring access, safety to clients
By Katherine Klingseis
iowastatedaily.com

An hour’s free time limitation, many people are forced to try to squeeze their exercise time into their daily routine. It is especially challenging for people who are busy during normal gym hours. In order to serve these people, 24-hour fitness centers are opening all across the country.

24-hour fitness facilities burst onto the scene in the 1980s. One of the oldest fitness centers is Anytime Fitness, which began in Cambridge, Minn. in 1983. One of the oldest fitness center chains, Anytime Fitness has more than 1,000 locations across America. The company opened up its first gym in Cambridge, Minn. Currently, Anytime Fitness has more than 1,000 locations across America.

“The philosophy of Anytime Fitness corporate is that they have taken all the fluff out of getting into the gym, the things people don’t care about: the locker, the lock on the basketball,” said Roger Aaron, owner of nine Anytime Fitness locations, including three in Ames.

Aaron, a former district manager for Walmart, opened his first two Anytime Fitness locations, one in Ames and one in Nevada, about five years ago. “The one in Nevada is in a tower I have lived in,” Aaron said. “Driving through the community of Boone, looking at how the community was served, I thought there was a niche for us, a 24-hour fitness center.”

Shortly after opening his first two locations, Aaron decided to set up a location in the Ames Hy-Vee. In opening his other two locations, Aaron said he wanted to take care of different sides of the community. “Typically, [experts] say that the industry average is that 24-hour access is there, but that [24-hour access] is there, must pay an additional price. Currently about a couple dozen people take advantage of the offer. “I think the main reason that people want to know that [24-hour access] is there is because they want to exercise from 5 a.m. to 11 p.m., or midnight,” said Adam Henderson, club manager at the west location.

In order to receive 24-hour access, Ames Racquet and Fitness Center members may pay an additional price. Currently about a couple dozen people take advantage of the offer. "I think the main reason that people would want to know that [24-hour access] is there is because they want to exercise from 5 a.m. to 11 p.m., or midnight," said Adam Henderson, club manager at the west location.

In order to receive 24-hour access, Ames Racquet and Fitness Center members may pay an additional price. Currently about a couple dozen people take advantage of the offer. "I think the main reason that people would want to know that [24-hour access] is there is because they want to exercise from 5 a.m. to 11 p.m., or midnight," said Adam Henderson, club manager at the west location.

“Typically, [experts] say that the industry average is that 24-hour access is there, but that [24-hour access] is there, must pay an additional price. Currently about a couple dozen people take advantage of the offer. "I think the main reason that people would want to know that [24-hour access] is there is because they want to exercise from 5 a.m. to 11 p.m., or midnight," said Adam Henderson, club manager at the west location.

In order to receive 24-hour access, Ames Racquet and Fitness Center members may pay an additional price. Currently about a couple dozen people take advantage of the offer. "I think the main reason that people would want to know that [24-hour access] is there is because they want to exercise from 5 a.m. to 11 p.m., or midnight," said Adam Henderson, club manager at the west location.
FEEL FREE

Convenient, affordable and ready to help...
Anytime Fitness.

Join us!

Special offer for students now.

Until the end of the year.

Special offer for faculty, staff and retirees of ISU

Call today!

24 Hour - Co Ed - Secure - Access to over 1000 worldwide clubs

Sign up at

NORTH

8212 Grand Ave

1-855-564-2020

WEST

5320 West Lincoln Way

319-556-8080

South

418 South 17th

515-243-5918

Eden

Crossroads Blvd

262-995-3600

Alternative remedies aid in weight loss

By Graeme Cox

The average person gains about six pounds a year, so don't feel too bad if you gained a little weight over the holidays. With the new year comes many people's desires to lose weight. There are a multitude of exercises designed for reduction and self-defense in the United States as well as foreign countries, which can be practiced alone or in a group. Many practitioners of Tai Chi believe it improves their fitness level and emotional well-being.

Despite the social pressure to be skinnier in China, the Chinese follow the popular 14-day "eat breakfast like a king, lunch like a prince, dinner like a beggar." A study showed fast-food restaurants are a popular place because they offer a wide variety of food. "I'm starting to eat much healthier now because I don't work out as much as I should," said Gloria Aronson.

Whether you improve mental health or exercise correctly, you can use exercise to make people in your lifeasier and to improve your health. "I think the tendency of being thinner also has a lot of positive health benefits that are associated with it," said Graeme Cox.

The tendency of maintaining a healthy lifestyle in Asia and Europe is associated primarily to food habits. "Green tea is a healthy beverage that can help with weight loss and metabolism. It has been a part of the Chinese culture for many centuries, contains significant amounts of antioxidants, and increases the heart rate and metabolism, increasing the metabolism rate. Drinking that along with a lot of physical activity is the key," said Graeme Cox.

One of the most popular Chinese remedies is Tai Chi Chuan or Tai Chi, a meditative exercise designed for reductions and self-defense. This is one of the trends used by the Japanese in the United States as well as foreign countries, which can be practiced alone or in a group. Many practitioners of Tai Chi believe it improves their fitness level and emotional well-being.

Despite the social pressure to be skinnier in China, the Chinese follow the popular 14-day "eat breakfast like a king, lunch like a prince, dinner like a beggar." A study showed fast-food restaurants are a popular place because they offer a wide variety of food. "I'm starting to eat much healthier now because I don't work out as much as I should," said Gloria Aronson.

Whether you improve mental health or exercise correctly, you can use exercise to make people in your lifeasier and to improve your health. "I think the tendency of being thinner also has a lot of positive health benefits that are associated with it," said Graeme Cox.

The tendency of maintaining a healthy lifestyle in Asia and Europe is associated primarily to food habits. "Green tea is a healthy beverage that can help with weight loss and metabolism. It has been a part of the Chinese culture for many centuries, contains significant amounts of antioxidants, and increases the heart rate and metabolism, increasing the metabolism rate. Drinking that along with a lot of physical activity is the key," said Graeme Cox.

One of the most popular Chinese remedies is Tai Chi Chuan or Tai Chi, a meditative exercise designed for reductions and self-defense. This is one of the trends used by the Japanese in the United States as well as foreign countries, which can be practiced alone or in a group. Many practitioners of Tai Chi believe it improves their fitness level and emotional well-being.

Despite the social pressure to be skinnier in China, the Chinese follow the popular 14-day "eat breakfast like a king, lunch like a prince, dinner like a beggar." A study showed fast-food restaurants are a popular place because they offer a wide variety of food. "I'm starting to eat much healthier now because I don't work out as much as I should," said Gloria Aronson.

Whether you improve mental health or exercise correctly, you can use exercise to make people in your lifeasier and to improve your health. "I think the tendency of being thinner also has a lot of positive health benefits that are associated with it," said Graeme Cox.

The tendency of maintaining a healthy lifestyle in Asia and Europe is associated primarily to food habits. "Green tea is a healthy beverage that can help with weight loss and metabolism. It has been a part of the Chinese culture for many centuries, contains significant amounts of antioxidants, and increases the heart rate and metabolism, increasing the metabolism rate. Drinking that along with a lot of physical activity is the key," said Graeme Cox.
Eat healthy for a better heart

Early dieting can alleviate future complications

By Katherine Kigas

www.bostonglobe.com

Coronary heart disease is the leading cause of death in the United States. There are more than 1.5 million heart attacks per year in the U.S., meaning a person somewhere in the U.S. has a heart attack every 25 seconds. Of those who have heart attacks, 40% die, according to the American Heart Association.

However, heart disease can be prevented. In fact, simply eating healthier foods and exercising regularly can dramatically decrease one's risk of developing heart disease.

“I would say that the most important thing I’m keeping men’s hearts healthy is a well-rounded diet that’s rich in fruits and vegetables and whole grains and fish,” said Kelly Burdick, registered dietitian with the Massachusetts General Hospital’s Center for Women’s Health.

Burdick has been at least 30 years in the food industry, which has spanned both of her college degrees in dietetics and nutrition.

“People who come in to see me want to change their lifestyle and use it as a tool to change the way they feel,” said Burdick, whose motto is “a better diet is a beautiful diet.”

“I try to focus on things that are achievable and realistic with what you’re willing to do and the changes you’re willing to make,” she said.

Go red

The American Heart Association recommends "Go Red for Women" every year, and the 2013 campaign aims to encourage women to wear red to raise awareness.

"Red is a color that’s associated with love, passion and warmth," Burdick said. "But it’s also associated with the heart, which is what we’re talking about today.

"There’s a lot of symbolism around red, and it’s an opportunity to raise awareness and educate every woman about their heart health."

For women, the importance of heart disease is often not as significant as it is for men. However, Burdick stressed that heart disease affects women too.

"I feel like most people think it’s not something that affects women, but it does," Burdick said. "There’s a big gap in women’s awareness about heart disease — both in treatment and prevention."
Nutrition
Info is Online!
NetNutrition
Skip the whip! Save about 100 calories and 10 grams of fat right off the top! Ask for skim milk in specialty beverages.
Try sugar-free syrups—all the flavor without the sugar!
If you like regularly-sweetened syrup, ask for half a shot to cut calories.
In brewed coffee, use skim milk instead of half and half.

Workouts

By Joy.Wessels
iowastatedaily.com

Finding new and creative ways to work out can be a challenge in itself. A growing trend for girls is finding a routine that will give them a slender, sexy body. Guys, especially at the college level, tend to want a workout with high intensity and includes heavy weights. So how can ISU students of both genders get the results they want?

Recreation Services offers a variety of group fitness classes to appeal to all skill levels. Eileen Stevens, group fitness student supervisor and senior in kinesiology, said each group fitness instructor gets to design their own class after going through training themselves.

“We hear the buzz about the body and then create an instruc- tor-defined series depending on what each instructor wants to teach,” Stevens said.

Stevens can also see the division between males and females for different classes. “In the past, kickboxing and yoga have been really popular among girls,” Stevens said. “Some new classes have been designed to interest more girls. One of these classes, Piloxing, combines kickboxing and Pilates. Another class, Xtreme Fitness, has also been introduced to appeal to female fitness students.

“We’ve also started to see more guys coming to our high intensity classes like boot camp and extreme abs.”

But as more classes are designed, the mix of both genders is evident as well.

“Another class that appeals to guys is Xtreme Fitness, taught by Collin Kilburg and Matthew Kenny, both seniors in kinesiology. “This class has a maratho- nic endurance,” Kilburg said.

“We’ve also started to see more guys coming to our high intensity classes like boot camp and extreme abs.”

The class was designed to give male college students what they ask for — high intensity and large weights — drawing inspiration from military-style workouts such as P90X.

“We use dumbbells and re- sistance bands, with the goal of working to exhaustion,” Kilburg said.

Whether students are looking for a class that incorporates dance and includes Latin flavor, a workout that will really push their bodies to the limit, or a little bit of both, there seems to be something for everyone with Iowa State’s group fitness classes.

By Joy.Wessels
iowastatedaily.com

Piloxing and Xtreme Fitness classes are among the many group fitness classes that are popular this semester.

The Speaking of Health educational series is free and open to the public. Pre-registration is required by calling 515-231-2038 or by visiting www.mgmc.org and clicking on the Classes and Events link.

The Speaking of Health educational series is free and open to the public. Pre-registration is required by calling 515-231-2038 or by visiting www.mgmc.org and clicking on the Classes and Events link.

Looking for a Lighter Latte?
Skip the whip! Save about 100 calories and 10 grams of fat right off the top! Ask for skim milk in specialty beverages.

Try sugar-free syrups—all the flavor without the sugar!

If you like regularly-sweetened syrup, ask for half a shot to cut calories.

In brewed coffee, use skim milk instead of half and half.

NetNutrition
NetNutrition is an online program that provides nutrition information for the food ISU Dining serves on campus. Visit www.dining.iastate.edu and click on Nutrition to use this helpful resource!