

Wish-A-Thon turnout not as large as wished for

by Becky Weindorf
associate editor

This year's Wish-A-Thon, sponsored by Commuter Council and the Make-A-Wish Foundation, raised plenty of money for the little boy who wanted to go to Disneyworld and take a cruise on the Big Red Boat. Turnout for the event, though, was mostly a disappointment.

Only fourteen of over forty people who signed up turned in money, and even less showed up for the dance. Regardless, turnout for the event was between 25 and 30 people; the dance ended early at 2 a.m.

Almost \$1300 was raised for the little boy, and Commuter Council would like to thank everyone who donated and raised money for the dance.

Other organizations who participated in the Wish-A-Thon event included: Lambda Sigma, Alpha Phi Omega, LEB, ZBT, and AΣT.



PHOTOS BY BECKY WEINDORF

ABOVE: Two Commuter Council members pose in front of the Mickey Mouse Wall at the Wish-A-Thon. Proceeds from the dance marathon will go to the Arthritis Foundation and will provide the funding for an ill child's trip to DisneyWorld.

LEFT: A band provides background music for the dancers.

Spring strip down: tips to get in shape for swimsuit season

by Angela Majoris
staff writer

Last Saturday's weather was a warning that it's about time to bear skin again. Those that managed to lay off the beer and brave the cold in pursuit of the weight room may not fear turning loose their tummies. However, for many students, this is not the case. Fortunately, a bikini or swim shorts may still be a manageable goal — for the motivated.

Experts say that discovering a highly motivational method to encourage persistence in a workout may be the key to following through with it. Certain motivational techniques include:

*Workout with a friend or family member that is used to exercise. (inspire each other)

*Keep an exercise log and daily plan. (this will track successes, and correct mistakes.)

*Take a picture of yourself in the bathing suit that you hope to wear and stick it on the inside of the refrigerator door.

*Cut out pictures of people that you find admirable. (this will remind you of your goals)

*Tell people that you are exercising and eating right. (for the stubborn, this will keep you from slipping up in front of those people)

After finding a method of motivation, the next step is to have an understandable nutrition plan. Monitoring the consumption of calories is the key to weight loss. In order to lose weight, more calories must be burned than are taken in. Here is a method of figuring out calorie intake and expenditure for different types of people:

1) Change your weight in pounds to weight in kilograms: weight in pounds/2.2 = weight in kilograms

2) Multiply weight in kilograms by 1: weight in kilograms x 1 = calories used per hour

3) Multiply calories used in an hour by 24 hours in a day: calories in hour x 24 = calories used per day

4) Multiply the resting calories by the percentages (both low and high) that vary by how active you are (see chart below)

5) Add resting calories to each

result from the 2 percentages above to reach range of daily calories needed. (see example below)

EXAMPLE: 180 pound person
1.) 180 (divided by) 2.2 = 82 kg
2.) 82 x 1 = 82 calories used per hour

3.) 82 x 24 hours in a day = 1,968 minimum resting calories needed per day; this person is moderately active.

4.) 1,968 minimum calories

needed x 0.65 (change % to decimal) = 1279 additional calories needed per day

4.) 1,968 minimum calories needed x 0.80 (change % to decimal) = 1574 additional calories needed per day

5.) Add two together:
-1,968 + 1,279 = 3,247 total calories used per day
-1,968 + 1,574 = 3,542 total calories used per day

This person uses daily a range of 3,200 to 3,600 each day (round off numbers)

After you have done this, the next and equally important step is to find an exercise, or a place to exercise, that fits your lifestyle. Remember, fat does not disappear without some form of cardiovascular exercise. Erie has several different gyms available.

TYPE OF ACTIVITY	MEN	WOMEN
Sedentary Lifestyle (sit most of the day)	25 - 40%	25 - 35%
Light Activity (move around some of the days)	50 - 70%	40 - 60%
Moderate Activity (jog 4-5 days a week)	65 - 80%	50 - 70%
Heavy Activity (much physical labor all day)	90 - 120%	80 - 100%
Exceptional Activity (daily intense physical training)	130 - 145%	110 - 130%

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