

# Healthy living

*in college and for life*



## Is it time to wake up for a 24-hour gym?

by Rob Wynne  
auto page editor

There are a great many places to work out in Erie. Whether it's an aerobic fitness center like Jazzercise, or a more hard-core weightlifting facility like Joe's Gym or American Fitness, most anyone can find someplace that fits their niche. But, is there always time to squeeze a workout in a busy 8-5 work schedule? Well, maybe after dinner... well, maybe after studying... well, maybe after the wash gets done. Oops, it's midnight. The workout will just have to wait until tomorrow...yeah right. With the ever-growing fitness fad that is affecting more young people as well as old, isn't it time for Erie to acquire a 24-hour gym?

The concept is nothing new. Many 24-hour fitness centers have become grant chains with locations around the country. World Gym, which has a location in Buffalo, and 24-Hour Fitness, a western U.S. chain, are examples of some chains that have attracted the non-traditional 8-5 workout crowd. In Toronto, facilities like Monster Gym and Strictly Fitness have vast amounts of equipment - yards of dumbbell racks and double-digit amounts of treadmills, ab machines, and weight benches. Not only is there an abundance of equipment to avoid "working in a set" with another person, the machines and weights are accessible 24 hours a day.

So what's the current gym situation like in Erie? As mentioned, there are a variety of gyms and fitness centers; the big ones including Nautilus Fitness and Racquet Club, Pennbriar Athletic Club, Jazzercise, American Fitness, the local YMCAs, and Joe's Gym. Although all of these gyms do carry a decent amount of equipment and provide a nice workout atmosphere, the latest closing time is 10 p.m., if not earlier. On the weekends, 5 p.m. may be the latest time for a workout.

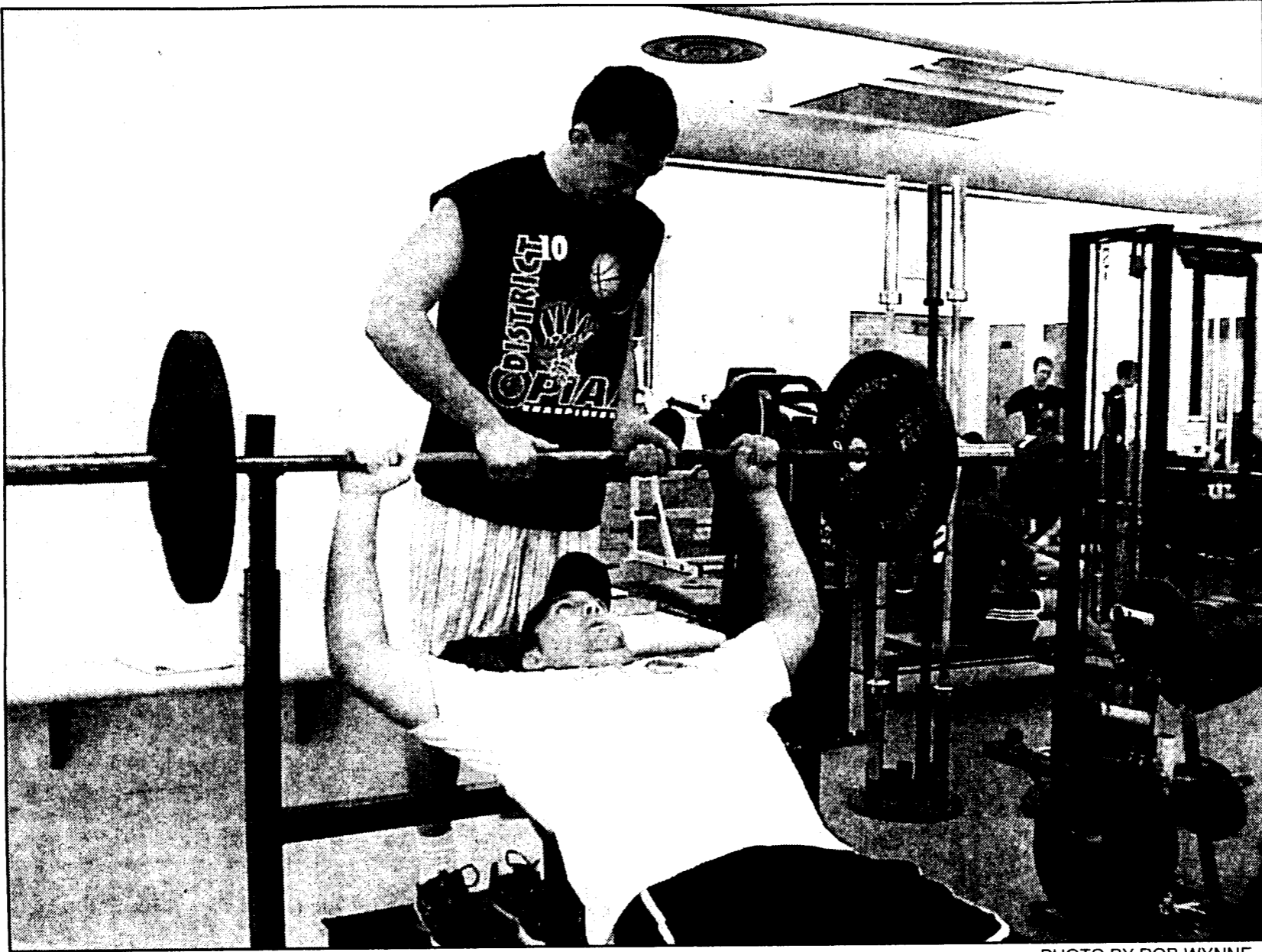


PHOTO BY ROB WYNNNE

Calvin Clayton and Brian Triscuit work out in the ARC weightroom facility. Both men agree that midnight is a late enough time

"Considering that it wouldn't cost much more for some of these places to stay open all night, there would be enough business for at least one gym to stay open 24 hours," said Dr. Robert Speel, associate professor of political

science at Penn State Behrend. Speel also has visited many gyms and fitness centers throughout the U.S. and Canada.

"If one gym were to remain open for 24 hours, it would attract all of the

business in the city from people who can't work out before 10 p.m., including lots of students, professionals, and late-shift workers," Speel added. He explained how Monster Gym and Strictly Fitness, two

gyms in Toronto, are packed until about 1 a.m., and then between 2 and 5 a.m. there are about 15-20 people.

Do people in Toronto live a better nightlife than Erieites? According to Mike Davis, the general manager of

Nautilus Fitness and Racquet Club and Penn State Behrend alumnus, that might just be the case.

"I've considered extending hours before, but according to member surveys, there would be virtually no one interested in using the facility past 10 p.m.," Davis explained. "Ninety-five percent of our customers seem to be here between 5:30 a.m. and 10 p.m., and when the survey asked the member which they would prefer - an earlier opening time or a later closing time, the earlier opening time was preferred. I was only getting one person who wanted to be here past 11 p.m."

Davis also stated that the cost to remain open all night was very small. He estimated that he would only have to sell between thirty-five and forty more memberships. Besides, he has a cleaning crew occupying the building all night. The only additional costs would come from hiring another instructor and perhaps a lifeguard. For college students, Davis recommends checking out the campus facilities.

College students may find use of their campus workout facility, but sometimes there is limited space in those buildings. At Behrend's new ARC facility, the hours of operation are a bit more impressive; students and/or faculty can work out until midnight. Perhaps the solution lies in keeping these smaller college gyms open all night in order to accommodate the few who could use the night workout time.

"No, midnight is late enough," stated Laura Furko, 06 Communications. Her friend, Brianna Shively, also a sixth-semester Comm major, agreed with the closing time. A person who works out late is an oddity, according to her.

"I don't know anyone who works out past midnight," she said.

For all of the local entrepreneurs, this article serves as an open invitation to come up with a solution to this dilemma. Good luck.

## Super slim or dying to be thin?



### Blood, Sweat, and Tears Sarah Orr

With the onset of summer quickly looming, I've heard many girls around campus talking about losing those few extra pounds from winter and working hard to get that six-pack beach belly. Whether they are makes trips to the workout room in Ohio, going to the ARC, or just doing crunches in their room, girls are trying to shape up their bodies faster by shedding some weight.

This is something that I would like to do, as well. But when does losing a couple of extra pounds become a life threatening disease? When does it go too far? When is it too much? Diseases such as anorexia and bulimia may seem

like quite a reach for those of us who want to get toned, but anorexia nervosa and bulimia nervosa affect .5%-1% of all women between the ages of eighteen and thirty. Over 5 million Americans, men and women, are diagnosed with eating disorders every year. If these disorders are left untreated, they can become

fatal. Here are some statistics to put things in perspective. The most vulnerable age group to be affected by eating disorders is women ages 12-25 years old. Ninety-five percent of all people diagnosed with anorexia are females. Twenty percent of those with the eating disorder anorexia nervosa die before the age of twenty. One in every 200 females in the United States suffers from an eating disorder.

Hopefully this article will enlighten some of you to the perils inherent in excessive dieting, exercising, and weight loss. Anorexia is an affliction

resulting from self-imposed starvation. The person suffering from this eating disorder will abstain from eating for extended periods of time in the hopes of shedding weight. Victims of anorexia have distorted images of their bodies, perceiving themselves to be overweight when in actuality they are not.

Many victims of anorexia are classified as perfectionists, trying to achieve the ideal body. Even though the problem manifests itself physically, the disorder is categorized as a psychological one. Anorexics feel that they are in control when determining the amount of food they consume.

Bulimia nervosa is a little different. It is much harder to identify someone who is suffering from bulimia. They usually maintain their body weight, with slight fluctuations in weight gain or weight loss. A person afflicted with bulimia will go through a process of bingeing and purging. They will eat massive quantities of food, then rid the body of it through vomiting, extreme exercising, diuretics, or laxatives. Symptoms of bulimia include swollen or bloated cheeks, bloodshot eyes and bad breath.

These are definitely not healthy ways to trim up for the summer, but here are a few hints that may

prove helpful when trying to get in shape and be ready for that two-piece bathing suit.

Get the recommended number of fresh fruits and vegetables daily. Always eat breakfast. It starts your metabolism burning in the morning and gives you an extra boost of energy to start the day. It will also help to curb snacking on junk food throughout the day. Weight training, running, swimming crunches, rollerblading, dancing, bicycling, and aerobics are all viable options for an exercise plan.

Just remember to stay active. I know, I know. But if you can, avoid taking the elevators on campus. Use the energy and take the stairs, or take a walk in the gorge. Don't forget to drink eight glasses of water a day, especially if it is ice cold. Ice cold water can burn an additional 1,400 calories a week, because the body must burn calories to raise the temperature of the water to that of the body.

Choose an activity that you enjoy. You are more likely to stick with it, and this will produce better results. And during the whirlwind of dieting and exercise, don't forget that a healthy body weight largely depends on height and body type. What is an ideal body weight for one person may not be right for you. Happy exercising!

## Healthy Happenings

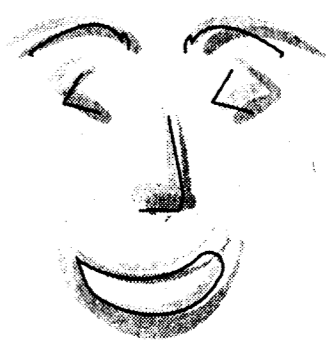
Month of April is designated as Sexual Assault Awareness Month

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