

Let's Get Physical

Susan Hoover
Capital Times Sports

With summer just around the corner everybody is concerned about getting in shape. Having a healthy body not only looks wonderful, but it helps you to feel great--not to mention the latest studies on the further benefits of exercise, such as stress reduction and aiding in memory.

What person doesn't want slim, toned legs? Having shapely legs allows one to wear a bathing suit or a pair of shorts with confidence! No matter how strong and toned your legs are, you have to combine aerobic exercise with toning to reduce body-fat stores.

Running, walking, or cycling at least three to six days a week for 30 minutes within your training heart rate range can burn approximately 200 to 300 calories every 30 minutes. The beginner should start with 10 minutes and add five minutes every other week.

MAXIMUM HEART RATE (MHR) = 220 minus your age, TRAINING HEART RATE (THR) RANGE = MHR X .60 for lower level, and MHR X .85 for higher level. A 20 year-old person would have a low level THR of 120 and a high level THR of 170.

In addition to aerobic workout, there

are various muscles in the legs that need to be toned to get results. Your quadriceps, or the muscles on the front of the thighs can be worked by sitting on the floor with your back straight. Bend one knee and keep the other leg straight. Flex the foot of your straight leg and then raise and lower this leg keeping it three inches off the ground. Do two sets of 20 and switch legs.

The outer thighs can be toned by lying on your side and leaning on your elbow. Place your other hand in front of your body for support and tilt your hip forward. Slightly bend your bottom leg and raise and lower the top leg with toes pointed toward the ground. Do three sets of 15 and switch legs.

While lying on your side, you can also work your inner thigh. Bend your top knee and place your foot in front of the bottom leg. With your foot flexed, raise and lower your bottom leg. Do three sets of 20 and switch legs.

You can work your hamstrings, the muscles behind the quadriceps, by placing your body in a crawl position--on your elbows and knees. Extend one leg out behind you. Holding your stomach in, flex foot and lift leg up and down. Be careful not to arch your back to prevent lower back injuries. Do three sets of 20 for each leg.

The CUB offers many fitness programs with experts to help you tailor a program to your needs.

Hank's note: Sue is one of Penn State Harrisburg's fine aerobic instructors. Look for other fitness tips from Sue in future issues of the *Cap. Times*.

Hank's pen rambles

Hank Rappold
Capital Times Sports Editor

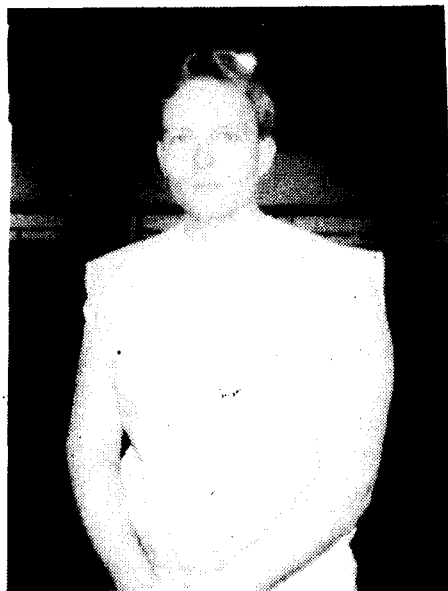
Hi boys and girls! Welcome to the wonderful world of sports as Hank, me, sees it. Just sit right back and let's run wild...

So much for baseball. Next... Boy am I dumb! I was told that I neglected to mention the annual, but should be more frequent, *Sports Illustrated Swim Suit Issue*. OOPS, but what can I say about this always much anticipated issue. Maybe "OOH-LAH-LAH." Or how about 'Hot Stuff!' Things like this seem to go hand-in-hand with the swimsuits or lack thereof. All I know is that my glasses are still fogged up and I don't see them clearing up in the near future... How about those Lions? And it isn't even the football team that everyone is talking about. Penn State Basketball seems to have arrived. The Cagers from Happy Valley made a bid for the all important invite to the NCAA Tournament. Well they didn't get it, but they did get another invite to the NIT. That is as good as it gets for now... Speaking of basketball and the NCAA Tournament, doesn't it seem that everyone is trying to get involved with *March Madness* and the road to the Final Four? For a limited time you can go to Pizza Hut and take home a mini-final four edition-basketball for only \$2.99. Wow, what a deal--not only do I

get a basketball, but I get Pizza Hut gas at the same time!...Closer to home is the Final Four contest sponsored by the lovely ladies from the Lion's Den. Check in with them for more details. While there, why not take a shot from the foul line for a free soda... Need to know more about March Madness? Check out Skippy Jordan's article in this edition--if only we could find it... Will someone please say "Play Ball"... Sure the car is fast but where do you keep the jack? That is a question Dale Earnhardt must be pondering after dominating the Daytona 500 this year, and only to loose because of a flat tire on the final lap. Could he have called the AAA?... Penn State Harrisburg's Baseball team isn't suffering from any lock-out. As a matter of fact, they have just returned from a Spring Break training trip to the sunny state of Florida. The Lions are ready to play ball and would like some fan support. (Hint Hint)...Who here saw Buster Douglas knock out Randy Savage? I think that Savage took a dive... She is just thirteen and looks ready to tear up the professional women's tennis circuit. By the way her name is Jennifer Capriati...Lock-out day thirty-something. Baseball fans held hostage...Just for the record, I didn't drop

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David chose to pursue an electrical engineering degree at Penn State Harrisburg because of the school's fine academic reputation. David chose to work for Roadway Package System (RPS) because we offer a pleasant work environment, excellent pay, and a tuition assistance program.

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