

# National exercise guidelines increase

**Physically fit**  
A population summary of Pennsylvanians' physical activity

The government is doubling its recommendation of amount of exercise daily to 60 minutes to maintain a balanced weight

By Kristine Snodgrass  
FOR THE COLLEGIAN

Students who have been neglecting the gym this year might be surprised to hear that the Department of Agriculture and Human and Health Services now advise at least an hour of daily exercise to maintain good health.

The new recommendations detailed in the Dietary Guidelines for Americans 2005 report say adults should participate in about 60 minutes of moderate to vigorous intensity physical activity on most days of the week, as opposed to the previous recommendation of 30 minutes, to maintain a balanced weight.

The Department of Agriculture (USDA) and the Department of Human and Health Services (HHS) publish the Dietary Guidelines book every five years.

Penn State kinesiology professor George M. Graham said working in 60 minutes of exercise each day doesn't

have to be an unpleasant chore.

"For some people, exercise is a bad word. It can be really fun," Graham said.

Graham said he recommends dance, rock climbing and the popular video game Dance Dance Revolution as enjoyable ways for students to get their daily exercise.

Penn State assistant professor of kinesiology Guy Le Masurier said it is important to create a distinction between moderate physical activity and exercise. Exercise, he said, is more vigorous activity that results in sweat and breathing hard.

"When we talk about physical activity, we're talking about health benefits. Exercise is for fitness," he said. "For those who choose to exercise, they get health and fitness benefits."

Le Masurier added that those who are willing to exercise save time and shape up. "Go hard then go home or go long and slow," he said.

Chris Olson (junior-recreation, park and tourism management) said he works five to six days a week for an hour with free weights and thinks the new recommendations are a good thing.

"I think it's a reasonable amount, but students won't do it," Olson said.

Melissa Thorp (junior-criminal justice) said she works out four days a week for around 45 minutes to an hour.

"[The recommendation] is a little excessive," Thorp said.

Darren Pletcher, a trainer at East Coast Health and Fitness, 250 W. Hamilton Ave., said that with the obesity problem in America, it is essential to follow a healthy diet in addition to staying active.

"If you can exercise for 90 minutes, your intensity level isn't high enough," Pletcher said.

"You can do all the activity in the world. If you don't change your diet it won't do anything," Pletcher added.

The departments' recommendations emphasize that the exercise can be spread over the day not all at once, for example, in several bursts of 15 or 30 minutes at time.

Erin Augustyniak (senior-supply

**"You can do all the activity in the world. If you don't change your diet it won't do anything."**

Darren Pletcher  
East Coast Health and Fitness trainer

chain and information systems) said many students will reach the new requirement walking around campus.

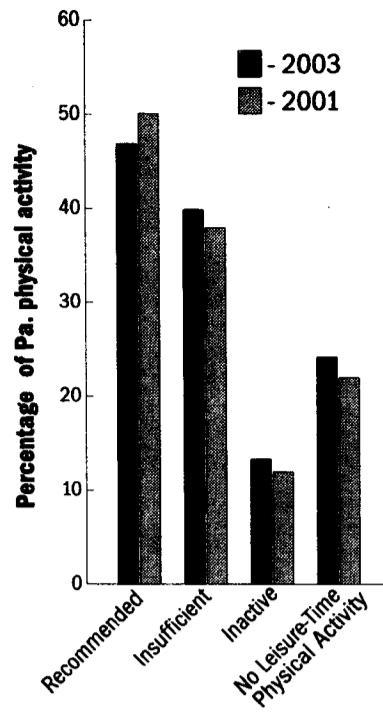
"I actually think people get 60 to 90 minutes around here going to class," Augustyniak said.

According to the departments, at least 30 minutes of moderate intensity physical activity each day is recommended for chronic disease prevention.

Graham said while it might be hard to meet the new recommendations, physical activity is very important to a healthy lifestyle.

"The bottom line is, what's the alternative?" Graham said.

"When you're lying in a hospital bed with heart disease or diabetes, is it worth it then?"



Source: <http://apps.nccd.cdc.gov>  
Lindsay Zahuranc/Collegian

# Students forget favorite beverages for a once-a-year Irish celebration

By Zack Bush  
FOR THE COLLEGIAN

State College favorites Vladimir, Jagermeister and Captain Morgan all took a backseat to Jameson, Bailey's and Guinness this week as Penn State students celebrated St. Patrick's Day "Irish-style."

Some students, such as Chris Jones (junior-accounting), had special holiday celebrations planned.

"For St. Patrick's Day, I got a 20-year-old bottle of Jack [Daniel's] from my parents," Jones said.

Harold Little, one of the managers at the Wine and Spirits Shoppe, 230 W. Hamilton Ave., said this week he noticed a large increase in Irish whiskey and Bailey's Irish Cream sales, among other Irish liquors.

Jon Pugh (senior-supply chain and information systems) said he bought a bottle of Jameson Irish Whiskey and a bottle of Bailey's Irish Cream to drink with friends before a late-night trip to the bar on St. Patrick's Day.

Julia Stevens (junior-telecommunications), who turned 21 on Wednesday,

said her first alcohol purchase was a bottle of Jagermeister at a liquor store.

She said she planned to make Jager Bombs — Jagermeister mixed with Red Bull — to celebrate her birthday.

One of Stevens' friends, Emily Fifer (junior-psychology), accompanied her to the liquor store.

Fifer said both she and Stevens like beer, too.

"We're going to the [beer] distributor next," she said.

While some local liquor shops saw an increase in Irish product sales, Don Yingling, a manager at the Wine and Spirits Shoppe, 2051 S. Atherton St., said he has not seen a significant increase in sales of Irish whiskey or Bailey's Irish Cream this week.

"We're not a student store," Yingling said.

"It's in more of a residential area with older customers. It's more of a wine store, actually," he added.

Bob Scott, general manager of the Wine and Spirits Shoppe, 230 W. Hamilton Ave., said his shop has a higher percentage of student sales than the stores on Atherton Street.

Will Catizone (sophomore-recreation, park and tourism management) needed two bags to carry his liquor store purchases to the car.

"I bought a handle of Vladimir, a handle of Crown Russe, a handle of Smirnoff, a fifth of Smirnoff Vanilla and a fifth of Three Olives Raspberry," he said.

"It's all for myself. I'm stocking up," Catizone added.

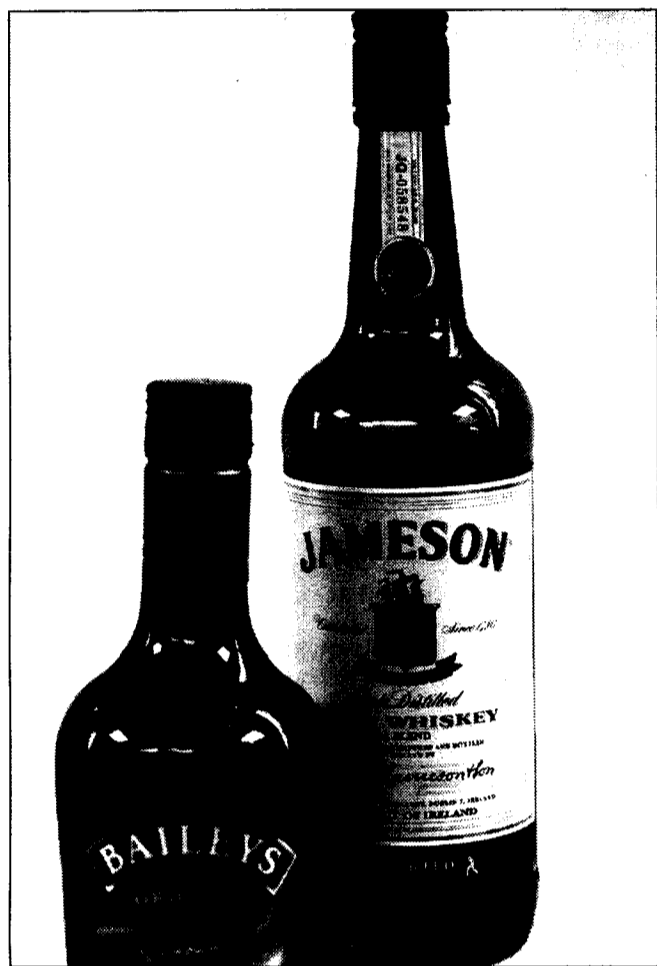
Scott said low-priced vodka, such as Vladimir, is the most popular hard liquor year-round.

Chris Vanaskie (junior-architectural engineering) decided to skip his classes and instead celebrate St. Patrick's Day by heading to the Phyrst, 111 1/2 E. Beaver Ave.

The Phyrst opened its doors at 7 a.m. yesterday and featured live music until closing.

Vanaskie, who arrived at the Phyrst in the morning, said he would probably head elsewhere to drink in the evening because the Phyrst was so busy yesterday.

"Not having to wait for drinks is more my speed," he said.



Patrick Sopko/Collegian Photo Illustration

Bailey's Irish Cream and Jameson Irish Whiskey are two alcoholic beverages whose popularity increases around the time of St. Patrick's Day.

# WORSHIP GUIDE

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THE DAILY COLLEGIAN

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**Passion/Palm Sunday Services March 20**

8:00 a.m. Holy Eucharist, Distribution of Palms  
10:00 a.m. Holy Eucharist, Distribution of Palms, Church School and Nursery  
5:00 p.m. Contemporary Worship

**Maunder Thursday, March 24**

12:15 p.m. Holy Eucharist  
7:30 p.m. Holy Eucharist and Stripping of the Altar, with child care in the nursery

**Good Friday, March 25**

12 to 3 p.m. The Seven Last Words, child care 12 to 1 p.m.  
3:30 p.m. Stations of the Cross for Families  
7:30 p.m. Liturgy of Good Friday and Distribution of Holy Communion

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