

Aerobic exercise class better than lunch

BY MARLENE BURBACH

A group of 45 men and women choose to spend their lunch hour exercising. They are participating in the University of Nebraska-Lincoln aerobics class, coordinated by Vickie Histreet.

"I try to have them think of exercise not as tedious and hard work but to have fun and enjoy it," Miss Histreet said.

The aerobic exercise classes are designed to help UN-L as a community, Miss Histreet said.

The community health department wanted to offer a service to UN-L, and not a credit class, so it organized an exercise class.

Aerobics was chosen because it is a popular form of exercising, Miss Histreet said.

It is for people who are not looking for credit but who are interested in physical fitness. An aerobics class is offered for credit through UN-L in the health, physical education, and recreation department if the students want that, Miss Histreet said.

Aim for target heart rate

Each class lasts about an hour, Miss Histreet said. It starts with a 10-minute warm-up program.

"We go through a stretching routine at the beginning of each class," she said. "Then

there is 15 to 20 minutes of aerobic exercising."

Aerobic exercising matches a person's heartbeat to a target heart rate, Miss Histreet said.

One's target heart rate is determined by age. To figure it, Miss Histreet said, one subtracts the age from 220 (the heart rate of an infant). Seventy to 85 percent of this total is the target heart rate.

The class concludes with a five-to 10-minute cool-down period.

"We basically do not stop exercising during the class except to take our pulse," Miss Histreet said.

If a person's pulse rate is below his or her target heart rate, he or she is not working hard enough, she said. If it is above the target heart rate, the person should slow down.

'Go at your own pace'

"The other guide is how they feel. If they feel light-headed, they should slow down," Miss Histreet said.

"One thing they hear all the time is 'go at your own pace,'" said Miss Histreet. "They should not try to keep up with me because their physical fitness level is probably not the same as mine. If they overwork themselves, they are more likely to get discouraged and quit," she said.

When one attends the first class, the person's weight, measurements and resting pulse are recorded. At the end of the course, weight and measurements are taken again.

Measurements are taken because many people want to lose weight, but they lose inches off their measurements, said Miss Histreet. Their muscles are being toned and firmed, and therefore they lose inches but not pounds.

Wide range of ages

Members of the aerobic classes range in age from 16 to 60 and several are over 40, said Miss Histreet.

"When we first started last fall, it was mostly students," she said, "but right now it is mostly faculty and staff members." Miss Histreet said she thinks this will change when the first summer session starts. More students will be on campus, so it should make a difference, she said.

Miss Histreet said she does not think the summer weather will affect the size of her classes. Most of those who come know that they must improve their overall physical fitness, so they will come to class, she said.

Goals differ among the individuals according to their abilities and conditioning, she said.

The main goal of those who join the

aerobic classes is to lose weight, Miss Histreet said.

"This doesn't necessarily happen all the time," she said, "but many times they lose inches." Others want to tone and firm their bodies, she said.

In defining the success of this program, Miss Histreet said the attendance has improved since it started. Last fall 145 to 150 members were in two classes. During the spring semester 250 to 275 people were in five classes and this summer four classes each have about 45 members, Miss Histreet said.

She said the variety of ages is increasing. The age difference proves that this program is not for younger people, but for the whole University of Nebraska community, she said.

"It's encouraging to see someone who hasn't had an exercise program before in his life working on his physical fitness," Miss Histreet said.

"I believe in what I do," she said. "It's educational. I'm giving out information and getting feedback, and that's important to me."

More classes in fall

Classes meet at noon and 4:30 p.m., for those who work on campus, said Miss Histreet.

"We try to make it available at the times people want it," she said.

Miss Histreet hopes to add more classes this fall, perhaps three classes a day, she said. There will probably be two sessions next fall. Each session will last five weeks.

One can contact the University Health Center to enroll in a class or to receive more information about this program.

This aerobics class is just the beginning of the community health program.

"We are hoping to have programs dealing with how to stop smoking, assertiveness and stress management," Miss Histreet said.

Miss Histreet, 29, received her bachelors degree from UN-L in education. She has coached volleyball at Nebraska Wesleyan College.

SUMMER NEBRASKAN

Number 5 School of Journalism University of Nebraska June 24, 1982

Barbecues, campus tour will highlight rush events

BY MARLENE BURBACH

Rush in the middle of the summer? At the University of Nebraska-Lincoln fraternities, yes. Summer rush begins the day students graduate from high school, said Scott Lehr, rush chairman for the interfraternity council.

At the end of the school year, all fraternities receive a list of names of male students who said they were interested in fraternities when they registered at UN-L. The Panhellenic office compiles the list.

"The fraternities invite the guys they know on the list," Lehr said. "They also can just ask any graduating senior that is coming to UN-L to the rush parties even if he is not on the list."

The purpose of the parties is to acquaint fraternity men and the rushees, the high school graduates going through rush, Lehr said. The parties help the rushees to decide if they like the house and its members and the fraternity members to decide if the rushee would fit in at the house, Lehr said.

Most rushees attend parties for more than one house, Lehr said.

"It is important for the guys to look at more than one house so they can decide which one they like," Lehr said.

Pledging a fraternity

If a student is invited to join a house, he is asked to sign a pledge card. If he later decides not to join the fraternity, he may break his pledge, but then cannot pledge another until Sept. 25.

The first signing date was June 14, providing students a chance to see what several fraternities are like, Lehr said.

The average cost of belonging to a fraternity during the freshman year is \$1,825, Lehr said. Room and board costs about \$1,700, the pledge fee is about \$25 and the average initiation fee is \$100. An estimate of yearly dormitory cost is \$1,835.

Fraternity and sorority rush are different. Sororities schedule a rush week just before classes start in the fall and select new members then. This year rush week is Aug. 17 to Aug. 22.

All freshman women and transfer students, plus anyone who requests rush information, will receive a brochure about sororities and a registration form. The form and a \$25 registration fee must be in the Panhellenic office by July 30 to participate in the week of parties.

According to Kathy Roth, rush chairwoman of the Intersorority Council, about 600 to 700 women go through rush each year.



Photo by Kathy Graff

Two Farmhouse Fraternity members, Steve Coll(right) and Brian Wacker (center) give a tour of their fraternity to rushee Doug Armstrong. The rush parties include swimming, tours of the campus and city and an overnight stay at the fraternity house.

Rush week will begin with open houses at the sororities on Aug. 17 and 18. On Aug. 19, the first parties will be held, Roth said. The girls will spend an hour in each of eight different houses to learn what the chapter is like and what the women in the house are like, she said.

On Aug. 20, the women students will pick up a packet of invitations at the Nebraska Union for the second set of parties that afternoon. If they receive more than five invitations, they must decide on only five houses, Roth said.

The houses decide that evening which students they want to invite back to the last set of parties on Saturday.

Saturday evening, after the last parties, the women list three houses in order of their preference.

On Sunday, if a woman is accepted by a sorority, a membership invitation will be delivered to her by members of the house.

If a student wishes to withdraw from rush, she must contact the Panhellenic board.

All freshman pledges are expected to live in the residence halls during their first year. The first year's pledge fee ranges from \$350 to \$400. For the next three years, the average fee is \$150 to \$200.

Room and board costs vary among chapters too, but it is about the same as a residence hall, Roth said. The cost of belonging to a sorority varies with the student, Roth said, and the purchases of party favors and sports clothes with sorority symbols, said Roth.