

Physical, mental fitness should coincide

Fitness and health have become too commercialized, too serious, and just plain too much. That's why I write a weekly column on it. That's why I subscribe to "Triathlete," "American Health," and watch the "Cable Health Network" on television. I've become obsessed with fitness, along with millions of other people, and I'm mad!

Cheryl Petersen

As an avid non-conformist I find myself running alongside (okay, behind) thousands of clones in Nikes and striped shorts. I wonder what has made me a part of this group when I refuse to be a part of most others. I guess it's because I believe in fitness and good health

habits because I think good physical health is often a basis for good mental health. It's great so many other people do, too. But I feel like the whole trend towards healthier lifestyles has been blown out of proportion. Sure, it's

important to be healthy, but only because you need to be healthy to accomplish greater things. Being healthy has been exploited to the point that people think that's all they need to achieve — total fitness. Baloney. I

don't care how fast you can run or how far you can swim if you never do anything with your mind. And just because you can't run, or swim, or even walk doesn't mean you aren't healthy in some way.

I think it's good to devote a portion of each day to some kind of exercise but not necessarily to develop certain muscles, but to develop thoughts. I know a lot of people who do this. I know even more who have no other purpose in running ten miles besides writing a double-digit number in their training logs. I see no point in that.

However, I can see a lot of logic in running ten miles, thinking about a book you would read and what it means, or about an argument you've had. Maybe you could think about how far behind you are in school and how

you can catch up, and then finishing your run (or whatever you do) thinking that you've accomplished something and that you can do the same thing in other areas of your life.

I guess I just get a little angry when I see athletes signing multi-million dollar contracts or picking up a \$50,000 purse for a triathlon. All that money is great motivation to make your body perform its best. But I'm afraid that many of the people who are involved in sports at this level turn off a part of their brain — the part that really thinks. That's a huge sacrifice to make.

I'm sure some will disagree with this. Those who do, please send me a list of the books (excluding sports biographies, please) these athletes have written. I know of very few. I'm not saying that athletes don't contribute anything important to our society. They do, but is it worth it?

At the other end of the spectrum there are people who only use their minds. There aren't a lot of these people around so don't feel bad if you can't

think of any. These people usually don't get paid as much as people who only use their muscles. That speaks for itself concerning our society's priorities. Ask kids who their idols are and they will usually name a sports figure, maybe a rock star, but never a scientist or a writer. There is something wrong with that.

Now that I have myself all excited about the obsessions and shortcomings of our society's mental and physical states, I need to go out and run and figure out how to change the world. And they say the Ironman Triathlon is the ultimate challenge!

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Braves title cheapens baseball

To begin with, I have nothing against the Atlanta Braves.

Bill Allen

As far as that goes I like the Atlanta Braves. They're not having a good year (fifth place in the National League West, 9½ games back with a .453 winning percentage), but they are still fun to follow, especially since they are telecast almost nightly on WTBS.

If you are a hard-core Braves fan this is heaven, but if you're merely a baseball fan who'll watch anything, like me, it's still pretty good.

Not only can you keep up with the Braves, but the rest of baseball as well, in addition to having a reasonable

alternative to the networks' excuse for entertainment.

Dale Murphy is sensational, and as a whole the Braves are a likeable enough appearing bunch of jocks. And Terry Forster is fat. David Letterman was right. I'm looking forward to the pitcher's appearance on Late Night.

Despite all this, I refuse to be an Atlanta Braves fan, for the same reason I refuse to be a Dallas Cowboys fan.

This is coming from a sports fan who acknowledges his fickleness. I can never decide to be, for instance, a gung-ho Cubbies fan, or a die-hard Cardinals fan. I like the Cubs, and the Cardinals, and the Cincinnati Reds.

In the American League I like the New York Yankees. The only teams I hate are the L.A. Dodgers and the Chicago White Sox.

Big deal, I know. You could care less. But I refuse to be a fan of a team that is promoted as "America's Team."

Why would owner Ted Turner take an otherwise respectable, likeable ball

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