

Aerobic activity benefits bodies

By Ana Balka
Staff Reporter

Participating in aerobic exercise programs can help students make the right decisions concerning lifetime fitness, said Deb Loper, Health, Physical Education and Recreation department instructor.

The university offers aerobic dance, as well as running, and self-paced aerobics classes, said Loper. Most classes are one credit hour. Loper said one advantage of taking a class through the university is that it lasts a whole semester, while many aerobic classes elsewhere last only a few weeks.

Vicki Highstreet, an aerobics instructor with the Health Center, explained that aerobic activity requires continuous and extended activity, which utilizes much oxygen. This is different from anaerobic activity, which doesn't require continuous activity, and therefore requires less oxygen.

Aerobics doesn't just mean dancing, Highstreet said. She said that F.I.T. —

Frequency, Intensity, and Time — determine the quality of aerobic workouts. Swimming, jogging, biking, and tennis are among sports that offer aerobic benefits. People should exercise three to four times a week. Less frequency means the body receives little benefit from the workouts. Intensity is determined by exercising at a percent of the body's maximum heart rate, determined by subtracting age from 220. Highstreet said exercising at 70 to 85 percent of the maximum heart rate is the target of good aerobic programs. Workouts should last at least 20 minutes to be effective, she said, although 30-40 minutes is more beneficial. She said that beginners should

be careful to start an aerobics program gradually and not overexert themselves. Exercisers should monitor their heart rates during exercise, she said.

The Health Center offers aerobic conditioning classes three times weekly for \$9, or twice weekly for \$6 this summer. Non-aerobic, firmer body classes are also held.

Highstreet and Loper both pointed out that aerobic exercise offers physiological and psychological benefits. They said aerobics improves cardiovascular fitness, increasing the body's ability to process oxygen; it improves muscle and even skin tone. Aerobics can also relieve everyday stress and tension and improve one's self-image.



Stephanie Brazner, foreground, leads her aerobic conditioning class at the Lincoln Racquet Club. Andrea Hoy/Daily Nebraskan

AIDS tests available at UNL

STDs from Page 4

and have to wait a while to be admitted, it may mean that some of the nurses are occupied with testing, he said.

"HIV testing is currently offered throughout the day, but with the expected strain, these tests may soon be offered only during designated times beginning in the fall," Fleischli said. This may mean waiting for the test. However, he said, this should not pose any problems since the test is not an emergency need. Tests other than for HIV can be given with no waiting, even at the "Acute Care" ward at the Health Center, said Dr. Fleischli.

Along with the educational and treatment programs, the Health Center has begun a preventive program in the form of selling individually-packaged condoms. The condoms are displayed in a large fishbowl on the counter of the pharmacy and cost ten cents each.

"It's all on the honor system," said Dr. Fleischli. "The students can throw in a dime and take out a condom without having to ask for it," he said.

Studies show that about 70 percent of college students were considered sexually active, he said.

"Of those 70 percent, one-fourth to one-third are using some form of protection to prevent STDs," he said.

Work is now progressing on what will be called the Patient Education Alcove in the front east lobby of the Health Center. In the alcove will be a large display of health information flyers. Currently, the flyers are only available in examining rooms, but once the alcove is completed, the students will be able to walk in and pick up information without a special effort, Fleischli said. In addition to the display, TV videos will be set up showing health tips and features, he said.

Although the completion date was not definite, Fleischli said the information alcove would be in operation by the start of the fall semester. Additional information on sexually transmitted diseases, including AIDS, can be obtained from the University Health Center. Their summer hours are 7:30 a.m. to 4:30 p.m. weekdays.

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