

# Post-holiday pounds shed at Lincoln fitness clubs

By Virginia Newton  
Staff Reporter

Has Jack been nipping too much at your nose, or were you nibbling too much over the holidays?

Either way, fitness centers in Lincoln have seen a rise in attendance since the new year began.

"More people are frustrated about weight gain because of overindulgence," said Caren O'Shea, a fitness trainer at the Cottonwood Club, 330 W. P St. "We usually find that our entire attendance in classes has increased; but the total usage (of the club) has increased dramatically at the first of the year."

The weather — not food intake — may have a lot to do with the renewed interest of students in keeping fit. With football weekends over and outdoor sports limited, students may find extra time on their hands.

The perfect time to start preparing your body for Spring Break, right? The daily rush of traffic at the Campus Recreation Center proves this theory.

James Reilly, a weight room supervisor, said since the beginning of the semester, attendance has been on the rise at the rec center.

Neil Houston, the Cottonwood Club manager, said memberships had increased 35 percent to 40 percent from last January. Sixty percent of the members are men, but sales made in the last 60 days show the numbers are about equal between men and women, he said.

Mickey Roscoe, fitness director at the Cottonwood Club, said, "People are exercising because of

# New behavior patterns help students weather the battle of the bulge

By Shelley Biggs  
Staff Reporter

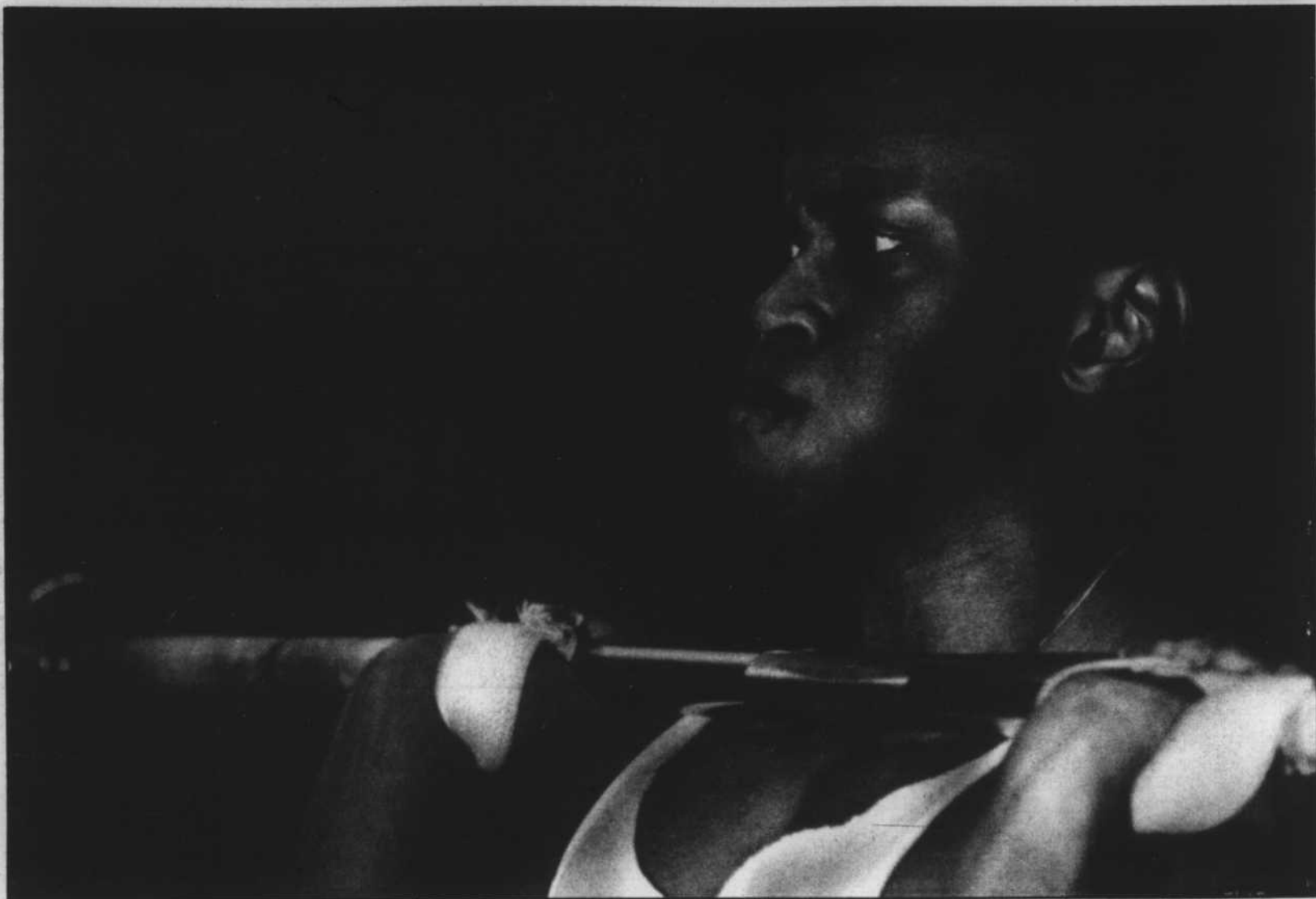
Fighting the winter blues can be tough when excess weight is involved.

Winter is typically a time when holidays and low temperatures wreak havoc on previous summer habits of eating lightly. Through the course of the winter months, extra pounds start to show up, and before we know it, we find ourselves contemplating the same New Year's resolution as last year — to lose the weight.

Linda Lawton, traditional business manager of Weight Watchers for the Midwest, said the biggest time of year for new clients is on or around the first of January.

"People get to a point in their lives when they look in the mirror and decide that they want to make a change," she said.

Among the obvious benefits, los-



William Lauer/DN

Tarron Smith, a senior speech communications major, has been lifting weights for three years. Smith said he applies his work habits in the weight room to other areas of his life — including schoolwork.

less to do outside or to relieve boredom or stress."

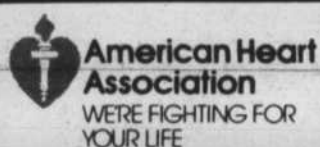
Maybe you didn't gain weight over the holidays, but you still have that extra inch left over from finals week. Don't worry, you're not alone. Many people ate at all times of the night while studying for that oh-so-important final.

Carrie Weber, a freshman actua-

rial science major, agreed.

"I gained a lot of weight during finals because I was stressed, so I came to the rec center to tone my muscles," she said.

If the winter weather has seeped through, and your bones are creaking from boredom — just dying for relief — maybe a workout is the answer.



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Lab Location	Dates	Times
<b>Introduction to Microsoft Word for Macintosh</b>		
Andrews	Thursday, January 23	3:30 - 4:30 p.m.
Burr-Fedde	Tuesday, January 28	3:00 - 4:00 p.m. 4:00 - 5:00 p.m.
Schramm	Thursday, January 30	3:00 - 4:00 p.m. 4:00 - 5:00 p.m.
Neilhardt	Tuesday, February 4	3:00 - 4:00 p.m. 4:00 - 5:00 p.m.
<b>Introduction to WordPerfect 5.1 for IBM</b>		
Sandoz(IBM)	Thursday, February 6	3:00 - 4:30 p.m.
<b>Advanced WordPerfect 5.1 for IBM</b>		
Sandoz(IBM)	Wednesday, February 5	3:00 - 4:30 p.m.