

Tanna Kinnaman/DN

Freshman Jodi Leaders works out on the stairmaster at the Campus Recreation Center. Leaders said she worked out at least three times a week to stay fit and prevent disease.

# Exercise for your health

## Lack of time, busy schedules keep level of exercise for adults down

By Julie Sobczyk  
Senior Editor

Freshman Jodi Leaders takes time at least three days a week to do what most Americans don't have time for — exercise.

Leaders, a communications studies major, said she worked out at the Campus Recreation Center every Monday, Wednesday and Friday for about an hour after class for many reasons.

"I want to stay healthy," she said, "and I don't want to gain the 'freshman 15.'"

But most Americans aren't finding the time to exercise daily, or even weekly.

Barb Schudder, physical activity coordinator at the Nebraska Department of Health, said a study showed only 22 percent of adult Americans exercised regularly at the recommended levels.

The study was conducted in 1993 by the American College of Sports Medicine and the Center for Disease Control.

According to the study, the correct level of exercise includes physical activity for at least 20 minutes most days of the week and using the large muscle groups.

"Regular physical activity has definitely plateaued," Schudder said.

The study showed that the number of Americans who exercised increased during the '60s, '70s and early '80s, but then began to drop off.

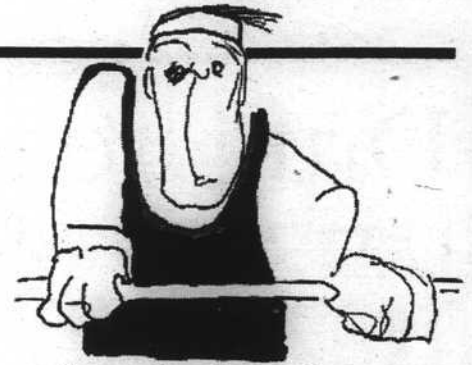
Also, 24 percent of Americans are badly in need of more physical activity, while the remaining 54 percent are somewhat active, but need to do more.

Although there are many different types of exercises, walking is among the most popular, Schudder said.

"People are adopting walking," she said. "There's mall walking, walking on trails. It's right up there with popular physical activity."

Leaders said she walked for exercise, but also used equipment at the Rec Center such as the stair stepper and free weights.

One main reason for not exercising, the study showed, was lack of time and other things to do



*"If people do regular aerobics exercise three or four times a week for 20 minutes on a regular basis, their risk for heart disease will be cut in half. This doesn't mean much to college students."*

**JOHN SCHEER**

Associate professor

during free time.

But those who do exercise have their reasons. Schudder said the main reasons people exercised were to stay healthy, look better and lose weight.

"But we still have a long way to go," she said. In addition to maintaining her weight, Leaders said she exercised to help reduce her risk of disease in the future.

"In my family there is a high rate of heart conditions," she said. "We also have diabetes from being too overweight. I want to stay healthy so I don't get it in the future."

However, most college students are not aware of the future benefits exercising may have, said John Scheer, an associate professor of health and human performance.

"If people do regular aerobics exercise three or four times a week for 20 minutes on a regular basis, their risk for heart disease will be cut in half," Scheer said. "This doesn't mean much to college students."

He said students might not exercise for future benefits such as remaining stronger as they get older, but they do have their reasons for working out.

"Maintaining good physical tone and looking good for others is important, and that's what might motivate college students," Scheer said.

# Opinions vary on proper fitness planning

## Training and goal setting better than pricy shoes

By John Fulwider

Staff Reporter

Some people take "Consult a doctor before beginning an exercise plan" as seriously as they take "Do not remove this mattress label under penalty of law."

Karen Campbell, fitness director at Lincoln Racquet Club, said it was not overly important for a relatively healthy person to talk to a doctor before starting an exercise plan.

Manufacturers of exercise equipment probably just use those warning labels to protect themselves from lawsuits, she said.

However, Vicki Highstreet, assistant director of fitness and instructional programming at Campus Recreation Center, said people who haven't been exercising should go see a doctor first. She added that was especially true for people who haven't been in for an annual check-up in years.

Campbell said people should talk to a personal trainer about an exercise plan so they can be sure to get the most out of their exercise.

Campbell gave three reasons to see a trainer: — They demonstrate correct exercise techniques so people don't injure themselves by using exercise equipment incorrectly.

— They show you how to meet a specific goal through the right combination of diet and exercise.

— They motivate you to reach your goal.



Jason Gildow/DN

Highstreet had a slightly different view of personal training. Ideally, she said, personal trainers should educate people enough that they would need no extra motivation.

She said part of the problem with personal trainers was that many are not qualified. In her opinion, a personal trainer should have, at the very least, a bachelor's degree in exercise science and certification from the American College of Sports Medicine.

Campbell said another common exercise headache — buying "the right shoes" — didn't have to be a headache at all.

She said the correct shoe is important, but spending \$100 on a pair of shoes is not neces-

sary.

The best way to find the right workout shoe, Campbell explained, is to have a knowledgeable person at an athletic shoe store recommend the right shoe. Then, instead of buying the expensive brand-name shoe, go to a discount store and get a shoe with the same features for much less money.

Campbell said some people pay too much attention to buying special equipment, and not enough attention to just getting out and exercising.

"You could drive yourself nuts trying to buy everything," she said. "And you probably don't need it."

# Caffeine

Continued from Page 4

about overdosing on coffee. He usually drinks about six cups a day.

"If I drink way too much, then I'll get a sour stomach," Bigham said. "And, of course, you can get hand tremors."

Miller said the stimulant's side effects can include headaches, mood changes and insomnia. Heartburn and indigestion have been linked to caffeine, and the increased gastric secretion of acid caused by caffeine can lead to ulcers.

David Bower, the drug education coordinator at UNL, said caffeine, in some cases, could be harmful.

"A lot of people don't take a look at the fact that some types of caffeine consumption can be harmful to some people," he said. This includes people with high blood pressure, gastroenteritis or ulcers.

However, Bower said, "If a person just has a couple cups a day, for most people, that's not a problem."

Caffeine's side effects, of course, go away if a person stops using caffeine, Miller said. But like any drug, people who quit go through withdrawal. Most people get headaches, and some complain of sluggishness and depression.

Buckner said he had tried to quit drinking coffee entirely but always changed his mind after a week or so.

"I think it's unhealthy to drink a lot of coffee." But, he said, "I like it too much to quit completely."