



HILARY JOHNSON, front, UNL student and NU dance team member, works out at Chase Firm Fitness on Tuesday.

day evening.



look out from the window at Chase Firm Fitness studio in the Haymarket.

**PHOTOS BY
MARNI SPECK/DN**

Bob's Top 10 List

- 10. Become an athletic person yourself
- 9. Stop watching so much TV, it's sports on TV.
- 8. Stop binge drinking
- 7. Stop smoking
- 6. Eat more fruits & vegetables
- 5. Do not skip breakfast
- 4. Do not skip meals
- 3. Eat 5 or 6 small meals a day or 3 meals & 2 snacks
- 2. Start training with weights
- 1. Start a physical fitness routine 2 or 3 times a week involving non-stop movement for 30-45 minutes.

Source: Chase Fitness Aaron Stackberg/DN



AMY DAVIS, a UNL student and captain of the NU dance squad, hustles through Bob Chase's fitness class Tuesday.