

# health & wellness

<sup>a</sup>Daily Nebraskan supplement

## Meditative exercises on the rise

BY LINDSEY BAKER

The sign on the wall of Roseberry's Sho-ri-shobu-kan bans the use of four-letter-words.

Specifically, the word "can't."

The studio, specializing in yoga, t'ai chi and other martial arts, located on 18<sup>th</sup> and N streets, encourages and ensures that everyone - even the most out of shape - can find an exercise and meditation combination to fit their daily routines.

"We have people who come in here who can't even touch their toes," said Patty Cottingham, a yoga instructor for two years and a martial arts instructor for eight years at Roseberry's.

She said she has the best explanations for why people have turned to yoga and other meditative activities for exercise.

"It's fun," she said. "It's relaxing. It's invigorating."

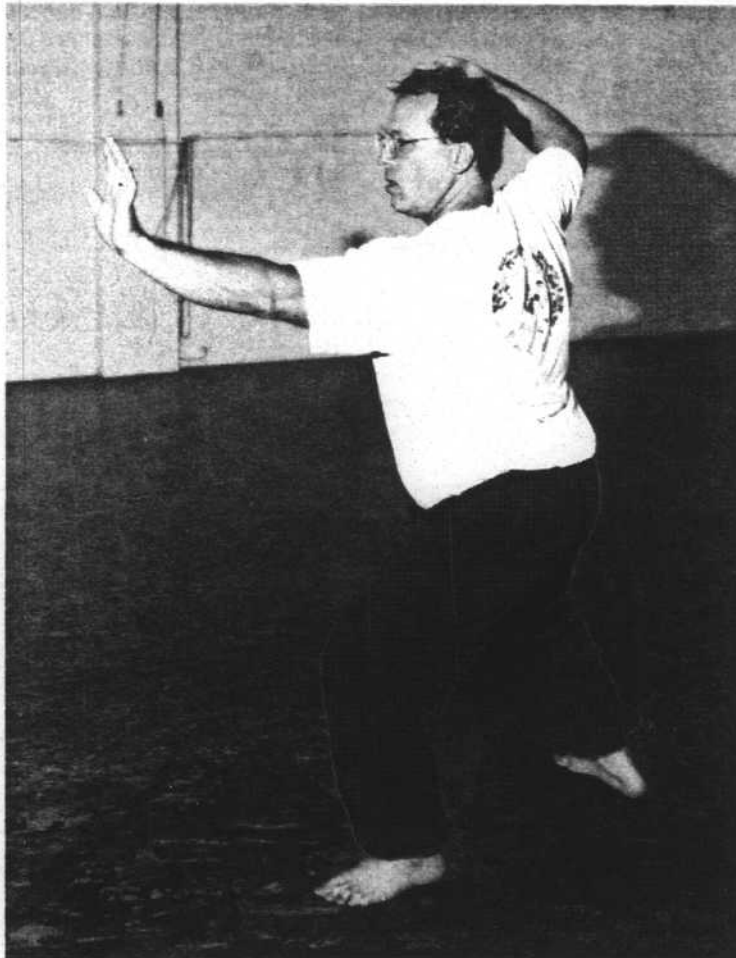
Cottingham said yoga has many benefits, among them building flexibility, muscle and bone strength and more restful sleep.

"(Yoga gives) you more grace in that it centers your body so that you're not off balance when you move," she said.

Yoga is based on a number of strengthening positions, called asana. Cottingham said while yoga is not aerobic in nature, the pulling of muscles and controlled breathing needed to hold the asana make yoga just as much of a cardiovascular workout as a round of step aerobics.

T'ai Chi, another form of meditative exercise, is unlike yoga in that the positions are not held. Rather, a person moves constantly throughout the workout.

"T'ai chi is an ancient form of Chinese martial arts," said Sam Fifer, a student and sometimes instructor at Roseberry's. "The difference between karate is that



Sharon Kolbet/DN

A student at Roseberry's martial arts center, Sam Fifer, practices the meditative art of t'ai chi. Fifer explained that t'ai chi is an ancient Chinese tradition using slow, choreographed movements to promote balance and flexibility.

t'ai chi is practiced in a slow motion," he said.

Fifer said moves learned in t'ai chi have applications to self-defense, whereas Cottingham stressed that in yoga, the chi, or life force, is channeled into "a sense of self and space."

Both types of exercise require heavy focus on breathing techniques, which are taught during the workouts.

"Yoga breathing is a lot like what I've been taught to do on

the horn," said University of Nebraska-Lincoln graduate Brian Leising, who also plays the saxophone. He said that the techniques he has learned in yoga help him in his daily life.

Stephanie Welge, a UNL graduate student, agreed. An opera singer, she said that the physicality, alignment, stamina and focus she has honed in yoga

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## Rec center offers fitness and fun

BY GEORGE GREEN

If looking in the mirror has you reeling from the sight of the extra pounds you've packed on at summer picnics, or you're trying desperately to avoid the "Freshman 15," then the Campus Recreation Center has just the plan for you - lots of plans, in fact.

The University of Nebraska-Lincoln Office of Campus Recreation offers many fitness opportunities to students who want to take off the pounds, or simply want to have some fun.

"We're here to provide a positive place for students to come and burn off a little stress," said Chris Dulak, assistant director for marketing and development at campus rec.

The rec center coordinates 150 intramural sports, including softball, flag football and 9-ball pool tournaments, Dulak said.

It also offers sports clubs that compete against other universities in activities that include soccer, baseball and rowing.

"Sport clubs are not varsity level but are one step up from intramural competition," Dulak said.

If that's not your game, you can try the Campus rec's fitness and wellness programs.

Fitness classes, which are held throughout the week and require a fee, include indoor cycling, step aerobics and kick boxing, said Sarah Emanuel, assistant director of fitness and wellness services.

If you've tried to pinch an inch and have failed, a registered dietitian is on hand to teach students about healthy meal plans, and personal trainers are available to develop individual fitness routines for students for a modest fee, Emanuel said.

Students also can train on their own by using the rec center's weight room or the Super Circuit workout facility after taking a brief orientation course.

If you're itching to get out of the confines of the residence hall, or away from your annoying roommate, the Outdoor Adventures section of Campus Recreation may be an answer to your prayers.

Students can participate in canoeing, backpacking and rock climbing trips at fair prices, Dulak said.

Students who wish to learn new skills, including technical ones such as CPR, and ones for fun, such as golf, can go to the



David Clasen/DN

Top: Chad McCammon sprints for the end-zone Sunday night during an intramural flag-football game between Farmhouse and Delta Upsilon.

Mitch Minarick evades tacklers Sunday during the flag football game between Farmhouse fraternity and Delta Upsilon. The intramural sports give students a chance to stay healthy through athletic activities.

Instructional Programs section of Campus rec, said Vicki Highstreet, assistant director for instruction and staff development.

Last year, 80 percent of UNL students used at least one of Campus Recreation's programs or facilities.

Campus rec also employs 600 students in a variety of positions and is always looking for workers, Dulak said.

Essentially, the rec center exists to help people stay healthy, Emanuel said.

"Some people have a hard time transitioning from a team sport in high school to a fitness program on their own," Emanuel said. "That is where we can help."

Students interested in sport clubs and intramural activities can call the Campus Recreation Center at (402) 472-3467 on City Campus or (402) 472-2479 on East Campus.

You can also check its Web site at <http://www.unl.edu/crec>.