

HEALTH

Body and Spa

Kimberly L. Haigh

Despite an enormous amount of misinformation, the mechanics of losing body fat are actually quite simple. That is not to say that losing fat is simple, as many of you can probably attest to. But when you review the facts and throw out the fiction the results are obvious, according to the Fitness Plus program at the Fitness Plus Spa located in Berkshire Mall West. "Don't get caught up in the mindset where you are so interested in losing 'weight.'" Too many people are 'weight-conscious,' when it would be far more productive and beneficial to be 'fat-conscious,' it states.

Improper dieting can cause a person to lose "weight" but not fat and in the long run can cause the person to have health problems. According to the Weight Watchers Program if a person controls his/her protein intake, drinks a lot of water, eats healthy foods such as fruits and vegetables, a more productive and satisfactory weight loss will be



achieved.

Most diets do, however, have something in common and that is they stress exercising. Exercise burns calories - in order to lose body fat, it is necessary to burn more calories than are consumed. According to Fitness Plus, aerobic exercise, performed within the proper guidelines is the most efficient method of burning calories. Second, exercise in the form of weight-type exercises (nautilus, free weights, etc...) is equally important.

I went around to a lot of spas to see which ones I felt were better. Comparing price, weights, and what they have to offer, I preferred the Nautilus Fitness Center, Fitness Plus, and the Jewish Community Center. The Nautilus

Fitness Center has a pool, a sauna (wet and dry), a whirlpool, circuit weights, free weights, and aerobics. The only bad thing about this spa is that every other night, depending upon your sex, you can work out. One night is the men's night and the next is the women's night. But either sex can do aerobics every night. This cost \$35 per month and is located on Perkiomen Ave., Mt. Penn.

The Fitness Health Spa has a whirlpool, sauna, aerobics, circuit training, and free weights. The bad thing about this spa is that everyone must do the circuits in order - a person is not allowed to bounce around from machine to machine; and it does not have a pool. This cost between \$30-\$35 a month and is located at the Berkshire Mall West.

The Jewish Community Center has a pool, weights, and aerobics. The good thing about this is that it is closer to Albright and it cost \$60 per year. It is located on City Line Ave., Reading.



The most common problems facing students in college are depressions related to their school performance and deeper underlying problems dealing with relationships involving friends, partners, and family. Dr. Tom Ring, psychologist at Albright College and Lehigh University said

because of these problems, 60% of these depressed people deal with suicide. Most of the people think about it, but only a small percentage actually think about how to go about doing it.

The Counseling Center at Albright College help students with these problems. The center was originally built to capture the problems of those who wanted to leave Albright and transfer to another school. This, they hoped, would decline the percentage of transfers.

Last year, the Counseling Center was involved in 1800 contact hours of counseling: 95% was psychological, 5% was educational and personal. Many

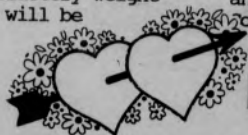
Counseling Center helps students deal with problems such as depression and suicide

seniors get counseling before they graduate because they are afraid of entering the "real" world, Dr. Ring said.

Because women often feel uncomfortable talking to men about their problems, there are two full-time counseling women interns who graduated from Lehigh University who work at the center.

The center is a good service because it is visible and accessible and no one has to look through the yellow pages and then pay \$50-\$100 to go to a place downtown, Dr. Ring said.

Kimberly L. Haigh



HEART WARMERS

Interim Advanced Journalism

All of us have envisioned a romantic evening out on the town with someone special. However, at times our empty pockets have prevented us from fulfilling our wishes. Here's a sampling of suggestions on how to impress your love for less.

Tee off at the local miniature golf course (putt 18 holes), then go to Dairy Queen and cool off with a Blizzard.

An afternoon of ice-skating and hot cocoa is the ideal date for couples who seek the quaint

coziness of times past.

A Sunday afternoon with someone special, a box of tissues and a sad old movie on TV.

A bottle of wine, a bowl of strawberries (don't forget the whipped cream) set upon a handwoven blanket on a grassy knoll, beside a picturesque lake.

Soft music (10,000 Maniacs), candlelight (around \$1), French bread (also around \$1), a nice 1986 White Zinfandel (\$5) and a warm room. Guaranteed to inspire conversation.

Act I : Plan your sundae with your date.

Act II : Shop for ice cream and toppings.
Act III : Create a masterpiece. Enjoy!

Take your date on an Albright Ski Club sponsored ski trip. The five dollar fee covers rentals, lift tickets, lessons and all of your other necessities.

Stanley's, on Laurel Street in Reading, has been the home of good food since 1933. From the extensive menu, you can order two entrees and two beers for about \$6. Beers are only 25 cents each.

Remember, it's not always the cost, but the quality of a date that's important.