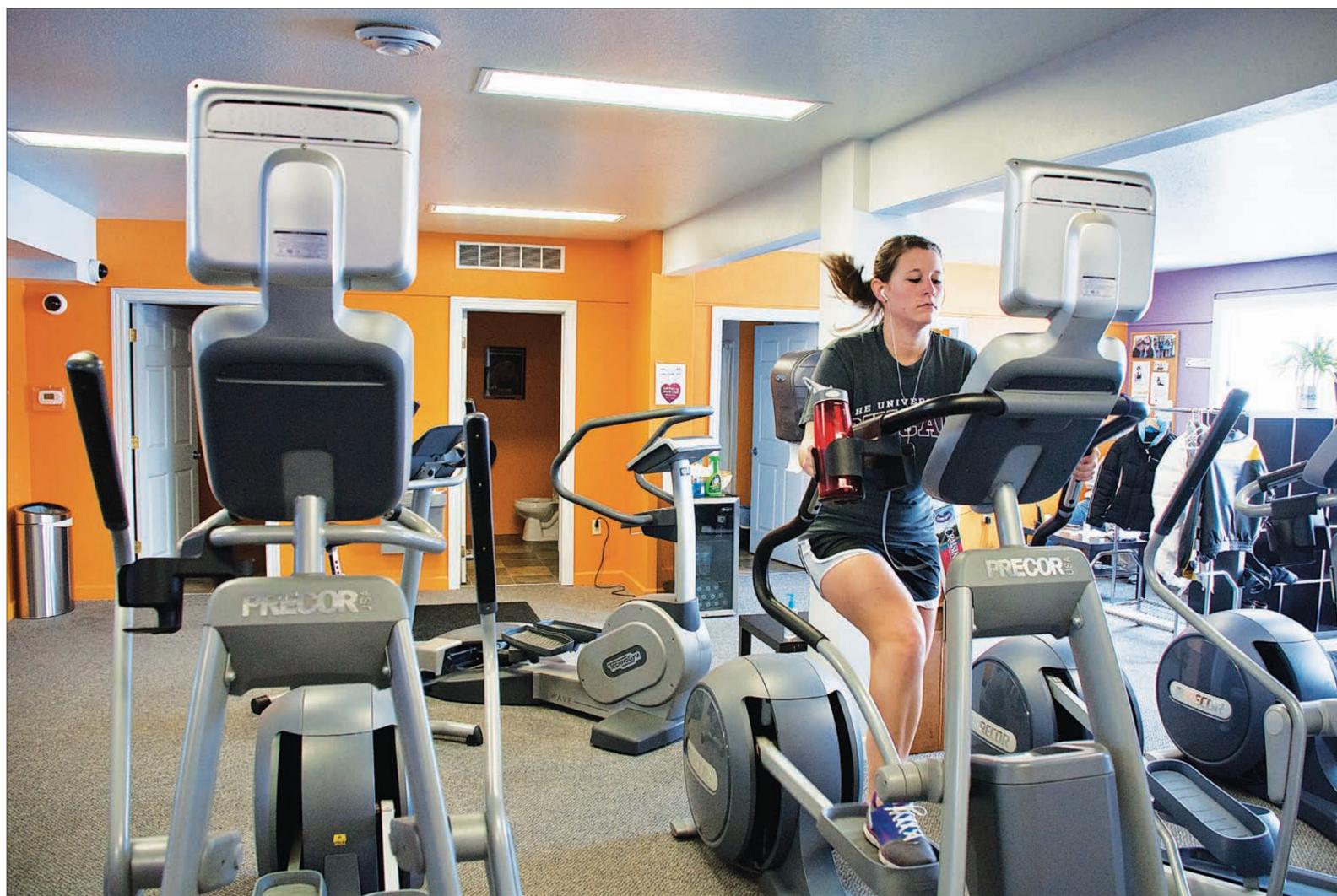


Ames



Anytime Fitness and Ames Racquet and Fitness Center have locations in Ames that offer 24-hour access to their clients. Additionally, the businesses ensure safety, using electronic locks members can swipe to get in during late hours. Photo: Karuna Ang/Iowa State Daily

## 24-hour fitness offers convenience

*Ames facilities bring access, safety to clients*

By Katherine.Klingseis @iowastatedaily.com

As their free time diminishes, many people are forced to seek out unique ways to fit their exercise time into their daily routine. It is especially challenging for people who are busy during normal gym hours. In order to serve these people's needs, business owners are opening up 24-hour fitness facilities all across the country.

24-hour fitness facilities burst onto the scene in the 1980s. One of the oldest 24-hour fitness franchises is conveniently called 24 Hour Fitness. The club began in 1983 in San Leandro, Calif. Since then, the company has become the world's largest privately owned and operated fitness center chain.

Anytime Fitness joined 24 Hour Fitness in the fitness business market in 2002. The company opened up its first gym in Cambridge, Minn. Currently, Anytime Fitness has more than 1,000 locations across America.

"The philosophy of Anytime Fitness corporate is that they have taken all the

fluff out of [working out], the things people don't use as much: the pool, the racquets, the basketball, the track," said Roger Aaron, owner of nine Anytime Fitness locations, including three in Ames.

Aaron, a former district manager for Walmart, opened up his first two Anytime Fitness locations — one in Boone and another in Nebraska — about five years ago.

"The one in Nebraska is in a town I have lived in," Aaron said. "Driving through the community of Boone, looking at what was there, looking at how the community was served, [I thought] that there was a niche for us; a 24-hour fitness center."

Shortly after opening his first two locations, Aaron decided to set up a location in Ames. He decided to place his first location in the Northern Lights Plaza. In opening his other two locations, Aaron wanted to strategically place the gyms around Ames.

"We wanted to try to take care of different sides of the community," Aaron said. "Typically, [experts] say that the industry average is that people will only drive up to three miles to work out, so I wanted to put them on opposite sides."

However, Anytime Fitness is not the only fitness franchise

in Ames. Ames Racquet and Fitness Center, for example, has been serving the community since 1977, and has three locations. The center began offering its members 24-hour access to its west location in 2009.

"We are getting more and more members all of the time, [and] they have different jobs, different hours, different lifestyles, and they can't afford to exercise from 5 a.m. to 11 p.m. or midnight," said Adam Henderson, club manager at the west location.

In order to receive 24-hour access, Ames Racquet and Fitness Center members must pay an additional price. Currently about a couple dozen people take advantage of the offer.

"I think the more that we help people to understand that [24-hour access] is there, the more they will utilize it," Henderson said.

In order to ensure the safety of their members, Anytime Fitness and Ames Racquet and Fitness Center both have state-of-the-art security systems. The doors to the facilities are locked, and can only be opened by the swipe of a key.

At Anytime Fitness, there are electronic devices near the doors that beep whenever more than one person enters at the same time.

"Say that you're coming in

here late at night and you hear a beep, then you grab a panic button and press it and it calls the police department," Aaron said.

Anytime Fitness and Ames Racquet and Fitness Center both have cameras situated around their facilities. These cameras are used not only

to ensure the safety of their members, but also to help the gyms see if their members are

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### Cleanse diets: Proceed with caution

Cleansing or detoxifying diets, promoted by celebrities like Beyonce or "Biggest Loser" trainer Jillian Michaels, are a popular trend. However, Nora Hudson, fitness coordinator for Recreation Services, said their use should always be supervised by a nutritionist. They can deplete good bacteria and minerals, causing imbalances in the body.

### Without having to break a sweat

Calories burned in daily activities: based on a 155-pound person and half an hour of activity

- Walking at 3.5 miles per hour: 149 calories
- Cooking: 93 calories
- Sitting in class: 65 calories
- Watching TV: 28 calories
- Sleeping: 23 calories
- Source: www.health.harvard.edu

### Daily Fitness Challenge

Check out our progress in the Daily Fitness Challenge — and share your story — online at iowastatedaily.com/blogs

### Countdown Days until spring break:

**37**

### International perspective



Don't limit your diet or workout routine to traditional trends. Take a cue from other cultures, and try a non-traditional activity, such as Aikido, or add a healthy beverage, such as green tea. Photo Illustration: Kenyon Shafer/Iowa State Daily

## Alternative remedies aid in weight loss

By **Giovanna Rajao**  
@iowastatedaily.com

The average gym-goer quits after just six months, either for not having enough time in their busy schedules or for not seeing results that satisfy them for the effort they're putting in.

A 2009 study showed that nearly one in four freshmen gain at least 5 percent of their

body weight — an average of 10 pounds — during their first semester in college.

"I don't like to workout all the time because it's time consuming and sometimes the workouts are boring," said Calie Nicole Wallace, freshman in elementary education.

"Sometimes the gym is extremely packed and it's hard to focus on your workout," said Teegan Ebenhoh, freshman in

pre-business.

Wallace said she has different workout DVDs in her dorm room, that she exercises to when she is unwilling to lift weights at the gym.

Many people become tired of treadmills and fitness equipment, and look for different approaches to losing weight.

"I try to walk to class instead of taking the bus, as a way to compensate not going to the gym in a frequent basis," said Clarissa Herrick, sophomore in sociology.

Megan Greenhalgh, freshman in family and consumer science education and studies, decided to change her eating habits as apposed to trying different workouts when she wasn't losing as much weight as she wanted to.

"I'm starting to eat much better than I did last semester, because I don't work out as much I should. I'm starting to eat steamed vegetables, and I try to replace drinking pop as often as I can," said Greenhalgh.

Whether it means engaging in risky diets, chewing gum excessively or going to the extreme by simply not eating, people in America — especially college students — seem willing to take the extra mile in order to lose the extra pound.

Certain populations have the tendency of being thinner than others, as a result of cultural habits that are incorporated in their lifestyle.

The tendency of remaining slim in most countries in Asia and Europe is associated primarily to food habits.

Green tea is a healthy gateway not only to burn fat, but to accelerate weight loss. It has been a part of the Chinese culture for many centuries; it contains epigallocatechin gallate that increases the heart rate and stimulates the nervous system, increasing the metabolism rate. Drinking tea is one of the trends used by the Chinese to regulate health.

"I began drinking green tea a couple of years ago because not only does it keep me hydrated, but it is beneficial to my health," said Kristen Daily, freshman in world languages and cultures.

Tai Chi Chuan or Tai Chi, is a Chinese martial art practiced for both its defense training and its health benefits. It is

a meditative exercise designed for relaxation and self-defense. Tai Chi has grown in popularity in the United States as a safe, low-impact exercise that can be practiced alone or in a group. Many practitioners of Tai Chi believe it improves their fitness level and emotional well-being.

Despite the social pressure to be skinny in China, the Chinese live by the popular adage "eat breakfast like a king, lunch like a prince, dinner like a beggar." Eating a good breakfast aids the metabolism process to start kicking early in the day. For lunch, the Chinese consume sufficient amounts of fruits and vegetables, carbohydrates and protein to ensure a balanced health. Eating little for dinner prevents the body from gaining unnecessary weight, as we do not need much energy at the end of the day. Their diet consists of mainly vegetables, fruits, rice and noodles. They also eat a lot of fish, and avoid red meat.

The acai berry, which is native to Central and South America, recently became known internationally. The acai berry is filled with vitamins and minerals that can assist in weight loss, building muscle and increasing overall energy. It is rich in antioxidants, fatty acids, fiber and other plant compounds that can improve health.

Capoeira is a Brazilian art form that combines elements of dance, martial arts and gymnastics to create a highly aerobic, total-body workout that increases strength, agility and coordination. Established hundreds of years ago by African slaves on Brazil's plantations, Capoeira is a way to stay fit while dancing to the sound of berimbau, a single-string percussion instrument.

Japan, in addition to being ranked in the top-10 countries with the healthiest food, was ranked in 2010 as one of the healthiest countries in the world, along with Sweden, Germany and Iceland.

The Japanese eat fish as an important part of their diet. Fish contains an essential fatty acid, omega three, that helps increase the metabolism and reduce cholesterol level.

They also live by the Okinawan cultural habit hara hachi bu, which means to eat

until you are 80 percent full. One of the best weight-loss strategies that comes from the Japanese is starting each meal with a soup. Although the Japanese do not exercise as much as Americans, they maintain an active lifestyle by walking a lot.

The Japanese culture is famously known for its enormous variety of martial arts, and though they are traditions of training for fighting and self-defense, they have gained popularity for being a great total body workout. Aikido for example, is a physical training that involves general physical fitness and conditioning, as well as specific techniques.

The Cyclone Martial Arts Club promotes the martial arts of taekwondo, judo and hapkido within the ISU community.

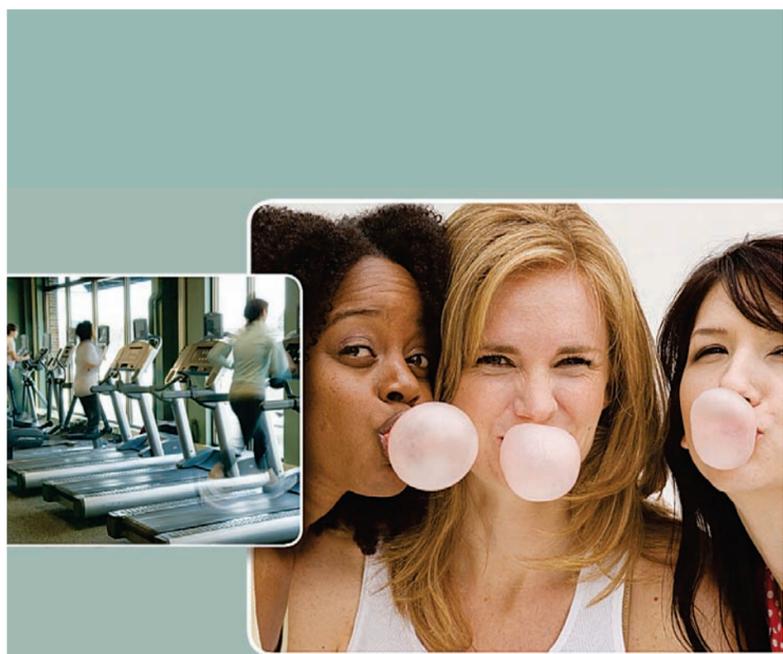
The heavy use of spice in cuisine from India, Malaysia and Thailand work not only to add flavor to their exotic meals, but it also contributes to fat-burning. The spiciness of the food lowers ingestion and prevents overeating. Turmeric, which is one of the main spices in curry, is believed by researchers from Tufts University to suppress fat tissue growth and increase fat-burning. Most Indian and South-East Asian cuisines use capsaicin spices such as red chilli, ginger and black pepper. The use of such spices causes a rise in the body temperature, accelerated heart rate and increase in the metabolism.

In the Middle East and the Mediterranean,

olive oil is used as the basis of regional cuisine. Healthy oils and fats include nuts, flax seed and fish oil, which increase the metabolism and help the process of weight loss.

Belly dancing continues to be one of the most practiced and most popular aerobic workouts in the Middle East. It combines elements of Turkish and Egyptian belly dancing that strengthens the hips, buttocks, thighs and abdominals. Belly dancing has remained a popular dance and exercise form not only in America, but also around the world.

Whether it's eating better, or trying a different workout, the choices you make in regards to your body reflect on your health, digestion, energy and love for life.



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### >>CENTER.p9

bringing in guests.

"It's mostly dealing with liability issues," Henderson said. "It's not so much 'somebody's in here and they're not supposed to be,' but it's 'hey, if something does happen, what are we supposed to do at that time if you don't have insurance and we don't have insurance.'"

Ultimately, Aaron and Henderson agree their 24-hour fitness facilities operate in order to help their members achieve their goals. With 24-hour access, the facilities offer their members freedom to exercise on their own time.

"We're affordable. We're accessible. We have 24-hour availability," Aaron said. "We've just made it convenient for people."

People across the country are taking advantage of the convenience these 24-hour fitness facilities offer. Aaron and Henderson both believe 24-hour fitness facilities will continue to grow and expand.

"I believe that [the 24-hour fitness market] will get bigger," Henderson said. "It will grow because we're not slowing down as people. We are progressing, speeding up."

**Food**



Practicing healthy dieting early in life can prevent later complications, such as heart disease. Heart attacks kill 425,425 people per year, according to the American Heart Association. Photo: Ashlee Clark/Iowa State Daily

# Eat healthy for a better heart

*Early dieting can alleviate future complications*

By Katherine Klingseis  
@iowastatedaily.com

Coronary heart disease is the leading cause of death in the United States.

There are more than 1,255,000 heart attacks per year in the U.S., meaning a person somewhere in the U.S. has a heart attack every 25 seconds. Of those who have heart attacks, 425,425 die, according to the American Heart Association.

However, heart disease can be prevented. In fact, simply changing one's diet can drastically decrease one's risk of developing heart disease.

"I would say that the most important thing [in keeping one's heart healthy] is a well-rounded diet that is rich in fruits and vegetables and whole grains and fiber," said Sally Barclay, registered dietician at the Nutrition Clinic for Employee Wellness at Iowa State.

Barclay has been at Iowa State for eight years. She has counseled many ISU employees and has helped them modify their diets in order to live healthier.

"A lot of people will come in, and they'll say, 'Oh, I've just been to the doctor and found out that my cholesterol is high, and he wants to put me on a statin,' and I said, 'No, just give me six months to change my lifestyle and see if I can stay off



**Go red**

Sally Barclay, a registered dietician at the Nutrition Clinic for Employee Wellness at Iowa State, said that although breast cancer gets more media attention, heart disease is still the number one killer of women — and men.

Feb. 4 is the American Heart Association's national "Go Red for Women" day, and Barclay said students and staff are encouraged to wear red to raise awareness.

the medicine," Barclay said. "We see a lot of that kind of thing."

One of the most important aspects of a healthy diet, Barclay said, is eating enough fruits and vegetables. A person who eats 2,000 calories a day should eat at least four-to-five servings of both fruits and vegetables per day, according to the American Heart Association.

"First, find out what [fruits and vegetables] you enjoy, and then make sure that you are buying them on a day-to-day basis," Barclay said. "If you are packing a lunch, then definitely include them in that."

Barclay also recommends dividing one's plate in order to control portion size.

"A quarter of your plate would be lean protein, a quar-

ter of your plate would be a complex carbohydrate, like pasta or brown rice, then the other half of your plate should be vegetables or fruits," Barclay said.

Although Barclay recommends cooking one's own meals, she does offer some tips if one chooses to go out to eat.

"Learn what is the appropriate portion, which, for meat, we usually say at any given meal, is a deck of cards or the palm of your hand," Barclay said.

"If they are serving more than that, then that should be packed up and eaten at a different meal."

Fish is also something everyone should include in their diet, Barclay said. She recommends eating fish at least twice a week.

"You meet a lot of people in landlocked Iowa that are not comfortable or familiar with fish, but canned fish is OK, whether it's tuna fish or salmon," Barclay said.

She also advises people to prepare their food with healthy fats, such as olive oil or canola oil.

"Canola and olive oil have a

really good makeup that helps with heart disease," Barclay said.

When looking at nutrition labels for processed foods, the amount of sodium in a product should be looked at.

She said almost 75 percent of our sodium intake comes from processed food.

"It's tricky though because we don't have time to make everything from scratch," Barclay said. "Processed food is convenient, but it has high sodium levels, so hopefully the food manufacturers are going to try to reduce the sodium levels in their food because saltiness is an acquired taste, so you can kind of wean yourself off of it."

All of these healthy practices should start early in life, Barclay said.

She described how unhealthy choices one makes now will affect one's health in the future.

"The building up of the plaque in the arteries that causes the heart disease is a long-term process," Barclay said. "You need to start early with [eating healthy] because that will help you in the future."

**Fitness**

# Workout changes your routine with 90-day format

*Three-stage plan helps students shape, tone up*

By Joy Wessels  
@iowastatedaily.com

I've made it a week through my journey of becoming "lean and mean." My stomach feels tight every day and I can still feel the soreness from day one when my arms and back got the workout of their life. My balance has been tested by a yoga routine I've never experienced before, and I've learned how to throw a mean upper cut through a routine called "Kenpo X."

It's that time of year when everyone's looking for the hottest new thing to get their coffee-consuming, sleep-deprived, bodies into shape. Fitness trends are pursued with shameless abandon in hope of looking new and improved. We've all been there, whether we like to admit it. Just like everyone else, I too would like to achieve a toned, hot body, especially with Spring Break just around the corner. So when I heard people raving about an intense workout, I knew I wanted to try it.

P90X is a 90-day workout routine divided into three phases, each lasting a month. Within each month there are also three different phases: adaptive, mastery and recovery. Each day of the week has a different routine, which includes targeting your arms, back, abs, legs and shoulders.

The first day consisted of working on the chest and back. I can honestly say I've never done so many push ups in my life. There's every kind you can imagine: regular, military, and these interesting ones called "dive bombers." On top of that, you also have to use a pull up bar. Needless to say, I took full advantage of using a chair the first day.

After making it through the first two workouts, I was relieved at the idea of doing yoga on the third day. As soon as I started the routine though, I knew I had thought wrong. The workout requires bending things that I didn't think could bend and balancing in almost impossible ways. I was sweating more than I had in the other workouts 30 minutes in. Another routine is called Ab Ripper X, which I have to do every other day. I immediately figured out why it uses the word

**Where to get P90X**

If you're interested in trying P90X, you can order it online at beachbody.com/P90X.



Wessels

"ripper." In less than 15 minutes, I did more than 300 different abdominal twists, turns, ups and downs.

For the first three weeks the routines stay pretty much the same, and the fourth week is considered the "recovery phase" where the body finally starts to change and is fully adapted to the workouts. But then everything is switched up when you move into the second phase. Workouts are completely changed so that the body is once again confused and has to adapt.

That seems to be what sets P90X apart from other workout routines. The program is based off of "muscle confusion." With traditional workouts, the body starts to plateau, which causes us to lose interest fast and stop doing the workouts all together. Every P90X workout varies in some way, whether it's in the movements or the duration of the routine. It also has a very detailed diet that gives full recipes to try or recommends portion sizes that compliment each day's workout.

As a warning though, P90X is designed for those who are already in decent shape. A pretest accompanies the package for individuals to see if they are ready for the discipline required for P90X. During workouts you'll feel out of your comfort zone and there are days where every part of your body is sore. Then again, the program also stresses not crossing that fine line of pushing your body too far. With the ease of doing the workouts in the privacy of your apartment, dorm or house it's OK to not keep up with the trainers in the video all the time.

So if you're looking for something that provides variety, an easy diet to follow and you're not afraid to sweat, I would definitely recommend giving P90X a try. It might just get you that toned, fit body we're all dying to have.

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Workouts



In order to address growing trends, Recreation Services offers a number of programs to suit the needs for men and women of all skill levels. New classes like Piloxing and Xtreme Fitness provide new and creative workouts. Photo: David Derong/Iowa State Daily

# Recreation Services offers a variety of classes

By Joy Wessels  
@iowastatedaily.com

Finding new and creative ways to work out can be a challenge in itself. A growing trend for girls is finding a routine that will give them a slender, sexy body. Guys, especially at the college level, tend to want a workout with high intensity and includes heavy weights. So how can ISU students of both genders get the results they want?

Recreation Services offers a variety of group fitness

classes to appeal to all skill levels. Eileen Stevens, group fitness student supervisor and senior in kinesiology, said each group fitness instructor gets to design their own class, after going through training themselves.

“We learn the basics about the body, and then move into a more defined area depending on what each instructor wants to teach,” Stevens said.

Stevens can also see the division between males and females for different classes.

“In the past, kickboxing

and yoga have been really popular among girls,” Stevens said.

Some new classes have been designed to interest more girls. One of these classes, Piloxing, combines kick boxing and Pilates. Zumba, a Latin dance and cardio class has also been introduced to Iowa State’s fitness classes.

“We’ve also started to see more guys coming to our high intensity classes like boot camp and extreme abs.”

But as more classes are designed, the mix of both guys and girls is evident as well.

Though yoga is generally stereotyped as being for girls, the mental and physical discipline is attractive to some guys. Nick Schneider, sophomore in psychology, goes to a group fitness yoga class three times a week.

“Yoga isn’t for girls only, it’s just as important for guys to have flexibility,” Schneider said. “It’s a really good cross training activity for running and rock climbing, and pretty relaxing too.”

Another class that appeals to guys is Xtreme Fitness, taught by Collin Kilburg and Matthew Kenny, both seniors in kinesiology.

“The class is based on muscular endurance,” Kenny said. “It’s an extreme circuit without a lot of breaks.”

The class was designed to give male college students what they ask for — high intensity and large weights — drawing inspiration from military-

style workouts such as P90X.

“We use dumbbells and resistance bands, with the goal of working to fatigue,” Kilburg said.

Whether students are looking for a class that lets them add some Latin flavor, a workout that will really push their bodies to the limit, or a little bit of both, there seems to be something for everyone with Iowa State’s group fitness classes.



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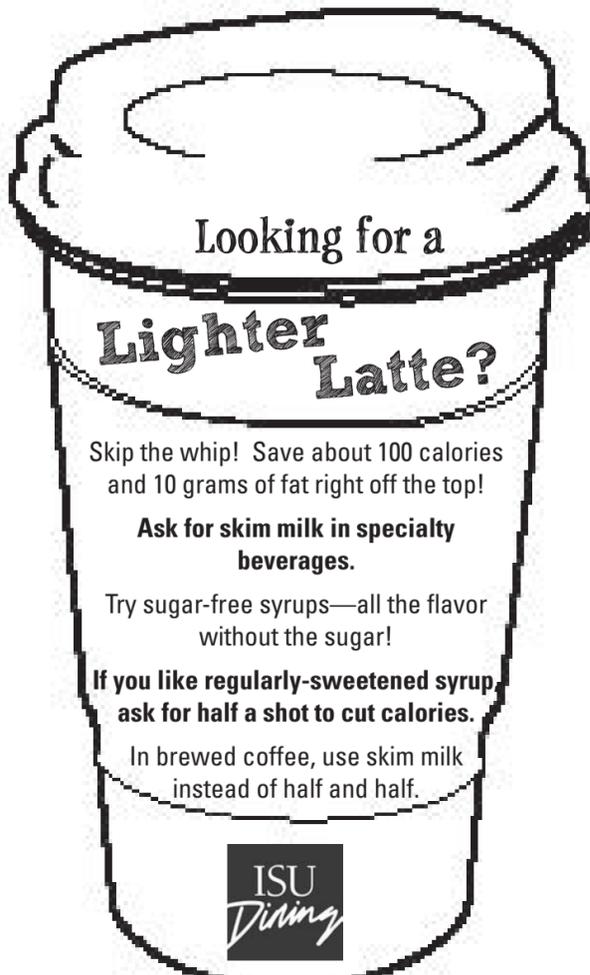


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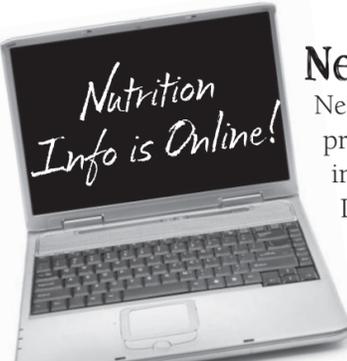
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