

Teachers help students get fit for summer months

by Michelle Moore

As the days warm up and students start to worry about being fit for the summer, many wonder if teachers have the same worries. In fact teachers across the school have the same troubles with staying fit as students do. Many do not think they have the time, or worry that they will be bored. Most people do not realize, however, that one can make exercising fit into their schedules and even make it entertaining.

Many teachers throughout the school try to work out as many times as possible during the week. These workouts vary from cardio to weight training and last anywhere from 30 minutes to a few hours. While there are certain things everyone has to do during their exercises, some teachers have a favorite workout.

"I like to mix things up and usually do an emphasis on body weight exercises. I also like to emphasize proper nutrition," said Mr. Roberts. Many teachers believe that nutrition leads to a healthier person. It gives them energy, allowing to do what they need and want to do.

Principal Mr. Lessel also believes it is best to vary your workout. "My workouts are all on DVD's so I vary my activities so that I don't get bored," he said. Teachers realize that if one does not do many different things one can get bored exercising, so students should try to do

something different such as throwing a Frisbee around or walking their dog.

There are many reasons to stay fit and each teacher has his or her own opinion about what is best. "I think it is best to eat

healthy and exercise when you can," said math teacher Miss Zatkan. Many teachers believe that a good percentage of students are not fit today. They believe students should exercise in order

to stay fit and be able to live a healthy life style. Other teachers believe that exercise helps relieve stress and suggest running or other athletics to help clear the mind. Teachers suggest that nutrition too can lead to a less stressful life.

There are many things teachers believe students can do to stay fit in the spring that are not possible to do in the winter. While in the winter students and teachers are confined to exercising inside with activities such as weight lifting, pushups and curl ups, in the warmer months a whole new spectrum of exercise opens up as possibilities emerge. Outside activities excite people and can make them more willing to exercise. One can do anything from sports such as soccer or tennis to more simple exercises such as just running or playing with a Frisbee. While exercising inside might keep students fit, during the spring people are more likely to exercise just because being outside appeals to them.

The teachers at school have a lot of advice for the students. They are even knowledgeable about exercising. Mr. Roberts advises students to get off the couch and go outside. Other teachers advise students to make a set schedule on when they will exercise and stick to it. If one does not have a schedule it is easier to convince oneself they will do it later or another time.



photo by Michelle Moore

Mr. Roberts ponders whether or not he should eat that Granny Smith apple.



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