

UPEI

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Ellis

Mikaela Ellis - Field Hockey

The field hockey team traveled to UNB and Mikaela scored 5 goals in the Panthers 2-0-2 weekend. She was heavily marked all weekend but continued to score with strong play and a will to win. Mikaela was a CIS All-Canadian last year.

Jimmie Mayaleh - Soccer

Rookie, Jimmie Mayaleh scored all three goals for the Panthers this weekend. He netted two vs. DAL in the 2-2 tie and on Sunday in the 75 minute he scored the only goal of the game vs. SMU. This was the first goal scored on SMU this season.

Fit, firm and healthy

By Adam W. Morrison

Are we, as students, being as physically active as we should be? Most will already know the answer to this.

Today's society is a place where image is everything. Infomercials advertise the latest piece of exercise equipment designed to transform your body. A good example is the Bowflex. The next time the commercial is shown on television, notice how those using the Bowflex are already in tremendous shape. They don't show an Average Joe struggling to trade in his keg for a six-pack.

At UPEI, an average day will see a couple of hundred students make use of the gym facilities offered here.

It's busiest usually between 4:30pm and 6:30pm, says Roslyn

Gushue, a member of the fitness staff centre, who believes enough students are using the facilities offered.

"For sure, huge numbers. You kind of get to know the students, as it's the same bunch everyday."

To encourage more students to use the gym, Gushue wants to remind people of the benefits of exercising and healthy living.

There's a free fitness assessment offered at the gym, which includes listing what your exercise goals are, what may impede your success, any past experience exercising, and writing down three concrete commitments for yourself. Kyle Piercey, a 4th year history honor student, is at the gym five days a week.

Each day, Piercey exercises a different body part (taking weekends off), building muscle mass and preventing obesity.

"I'm here for about an hour, and it's usually around 11AM, before classes."

Though Piercey doesn't stick to a diet, he does have a protein shake. On the challenges of staying physically fit, not much has stopped Piercey.

"Sometimes, the gym is full, and I've showed up when people are working the same body part and the equipment is in use. The most challenging exercise is doing pull-ups," said Piercey.

As for dieting, it's something Piercey doesn't have trouble with. "I just eat what I want." Staying physically active doesn't mean pumping iron all the time. Shane Gill, a third-year Biology student, is involved in dualathlons, training for triathlons, and cross-country events. These range from one mile to 25 kilometers. Involved with the rugby team for

the past two years, it's only this year he started training for triathlons, which involves swimming, running, and biking.

"The training involves speed training, tempo runs, practicing strokes while swimming, and biking," said Gill.

The biggest challenge, says Gill, is the huge time commitment.

"I train up to 8-10 times a week, and training sessions last from 1-2 hours."

Being physically active and fit doesn't mean having to look like one of the Spartan warriors from 300. It can be as simple as maintaining a healthy diet and keeping active daily by simply running or doing any form of exercise. It's like what Hal Johnson and Joanne McCloud have preached for years with their Body Break infomercials.

"Keep fit and have fun."