

SHAPING UP MAKES YOU HOT

As Arnold Schwarzenegger says, "A healthy body means a healthy mind." Exercising for fun?

Sweat, aching muscles, and endurance are all effects that accompany exercise. Some students actually enjoy it.

"I exercise for fun because it makes me feel better knowing that I look better," said Senior Nikki Silm.

"I always feel so energetic when I'm done playing tennis. Tennis helps relieve tension and stress in my life," said Senior Jody Motz.

"Shootin' hoops and playing tennis helps me out both in

physical and psychological ways. In the summer, my basket-ball is my best friend," said Eric Starck.

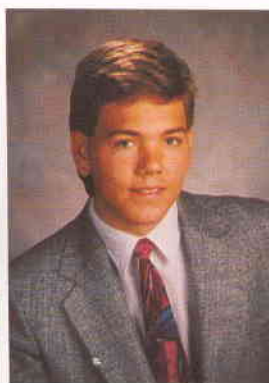
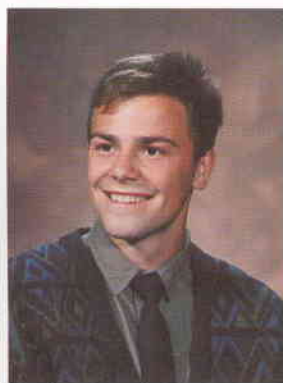
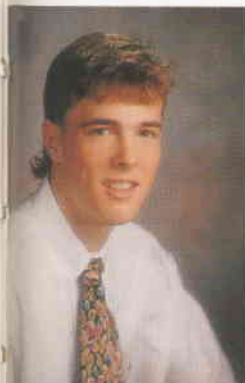
Many students feel that the rewards after all the sweat and turmoil of exercising will be there in the end.

"It's a feeling of satisfaction when you can run further than you did the day before and when you can go through a whole aerobic routine without being tired or lazy at the end," said Senior Rachel Marsden.

Even through exercise may seem like torture to some, the feeling of accomplishment can be one of the greatest rewards.

Robin Kleinjans

An early morning jog helps Senior Rachel Marsden start the day with lots of energy, even in cold weather.



Jason Tozer

Shane Tupper

Michael VanAmburg

Michael Vandemark



Jamie VanDerMoere

Veronica Vasquez

Faye Verellen

Keli Waggoner



Matthew Warren

Kathy Weber

Kristal Weber

Tyler Wells