



J. Denniston

have some fun. Angie Peters remarked, "Exercising with other people keeps you going." Relying on your friends to keep your standards high could bring the results you've been waiting for. Whether it's losing weight, building those muscles, or just stretching out students just try to loosen up.

Go ahead, grab that bag of chips, sit and watch TV, but you won't find Jason

Denniston. He'll be down in the weight room doing numerous workouts from bench pressing to jump roping. "It's all self-determination," said Jason. Set your mind to something like an exercise tape, jump roping, or if you get really desperate go for a walk.

"I like walking. It keeps me energized and alert," exclaimed Kim Contrerz.

Heidi VanZee



J. Denniston

COME ON, LIFT! Seth Copsey tries to meet his weight goal on the lifting press. He tries to work out at least twice a week to get in shape for football.

SARAH KEEPS GOING AND GOING! Formerly known as "Roadrunner," Sarah Brzak goes on her nightly jog around town. She says, "It keeps me in shape for basketball."